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'Recipe for disaster'

Against her better judgment, Shannon goes for drinks with The Danimal

PAGE 37

Busted

A retired University of Alberta professor has been charged with possession of child pornography

PAGE 2

NEWS THAT'S NOT FIT TO PRINT (HERE)

TORONTO'S SELF-DESTRUCTING MAYOR SHOCKS REPORTERS, DEFENDS AGAINST NEW ALLEGATIONS, AND EVEN HAS FOOTBALL TEAM SAYING 'NO THANKS' PAGE 18-19, 72



NEXT GENERATION OF GAMING

Sony rep Tristan Bauer was set to pwn some n00bs at the official launch of the PlayStation 4 gaming console at Calgary's South Centre Mall. Gamers lined up outside EB Games for hours to get their hands on the hotly anticipated next-generation console, which was made officially available in Alberta at 12:01 a.m. Friday. GLENN KELLY/FOR METRO

Hope remains for axed post-secondary programs: Lukaszuk

Deputy premier's remarks. Money could be used on popular programs that were suspended

Alberta's deputy premier sang a new tune Thursday that was music to the ears of some holding on to hope that the suspended post-secondary programs they cherish could be reinstated.

Thomas Lukaszuk said the \$50 million his government announced it was putting back into the sector hit hard in last March's provincial budget was intended to not only boost enrolment, as previously stated, but also to restart programs, "if that's what students determine."

The minister went on to say he has no interest in bringing back programs with low or no enrolment — the

University of Calgary, for example, cut 19 offerings that would fall into that category — but admitted some programming changes went deeper than that.

"In some cases they actually had to cut a little deeper and they either had to curtail or cut some programs that had marginal or even higher than marginal levels of interest," Lukaszuk said. "I imagine those will be the programs they will be reinstating."

After learning of the minister's comments, Marc Chikinda, dean of the faculty of communication studies at Calgary's Mount Royal University, was quick to point out two suspended programs under his watch, theatre and jazz, were consistently "oversubscribed" and graduated nearly all of their students.

"We will want to confirm what appears to be some new thinking on the part of the deputy premier in this regard," Chikinda added in an

emailed statement.

All told, Mount Royal suspended eight programs in the wake of the March cuts and officials made clear at the time they were prioritizing degree offerings.

But even the whisper of hope to restart the Mount Royal's jazz program, which proponents have said is unlike any other in the province, filled Kimberley Cooper, artistic director with Decidedly Jazz Danceworks, with hope.

"It's heartbreaking that they cut it and it would be so unbelievably fantastic if they reinstate it," she said, noting her organization shares space with musicians and performs with live music once a year. "It was a magnificent program. Personally, I think about the musicians I know whose lives have been turned upside-down by this — they're not only people I care about, but also brilliant musicians and teachers."

JEREMY NOLAIS/METRO

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Mismanagement?

Inquiry launched into private school

Alberta Education has launched an inquiry into Calgary's International School of Excellence amid "ongoing concerns" about governance and financial mismanagement.

The private school first launched in 2003 and currently has 170 registered students, from kindergarten to Grade 12.

"We must continue to ensure all Alberta schools, including private schools, are providing high-quality education," Education Minister Jeff Johnson said in a statement.

"I want to stress that classes continue and students' day-to-day routines will not be affected. Through our inquiry, we will confirm that this school is ... meeting the needs of the students."

METRO

Energy independence

Ikea buys Alberta wind-farm project

Ikea Canada has bought a 46-megawatt wind farm project under construction in Pincher Creek, Alta.

The furniture retailer acquired the 20-turbine operation from wind- and solar-power company Mainstream Renewable Power.

Financial terms of the deal were not immediately available.

Ikea has set a global goal to be energy independent by 2020, producing more renewable energy than it uses.

The wind farm in Alberta, which is expected to be fully operational next year, will produce enough power for 32 Ikea stores, or more than twice its power consumption in Canada.

THE CANADIAN PRESS



Transit user Kayla Griffiths says digital payment cards have worked in other cities like London, so they might be a good idea for Calgary. GLENN KELLY/FOR METRO

Transit e-fares now set for late 2014 at earliest

Previous failure.

Spanish group Telvent tells city it can get the project right this time



ROBSON FLETCHER
robson.fletcher@metronews.ca

Calgary Transit is giving the company that fouled up a previous attempt at an electronic fare system another chance to get it right.

An e-fare system was initially supposed to be ready by the middle of last year, but the city announced in November 2012 it had terminated a contract with Spanish group Telvent due to repeated de-

lays and failures during trial runs of a smart-card payment system.

Transit director Doug Morgan said Thursday, however, that Telvent recently came back to the table with a new proposal that would be cheaper and faster than starting from scratch with a new company.

"They've offered new experts, an advanced schedule, and I think they're really excited about coming back to Calgary and making this work," Morgan said of Telvent's plan. "We do anticipate that the bugs will be worked out and we'll be able to roll out a system."

Coun. Shane Keating, who chairs the city's transportation and transit committee,

said Calgary needs some type of electronic fare option.

"This is a system that has to be done, without question," he said. "People just don't have the pocket of change like they used to."

Transit rider Kayla Griffiths agrees.

"They do it in London, and I think that works really well for them," she said. "The Oyster card — everybody, when I was there, was using it. Only the people that were there for holiday were there to buy tickets."

Morgan said Telvent has until Dec. 15 to agree to the city's terms for a new contract, which include a "strict schedule" and fines for any delays.

WITH FILES FROM GLENN KELLY

Doing the math

The city estimates going with the new Telvent plan for an electronic fare system would cost \$8 million and be ready within a year.

- The city has already paid Telvent \$2 million for previous work and, if it sticks with the Spanish company, would pay up to \$6 million more.
- Going with a new company would likely cost \$19 million and take 2.5 years to roll out an e-fare system, transit director Doug Morgan said.

Ex-U of A prof charged in massive child-porn bust

A retired University of Alberta professor has been charged with possession of child pornography as part of a massive international police operation.

A university spokesperson — who did not want to be identified — said Andrew Liu, 66, "is not currently teaching and ... is not scheduled to be

teaching any time soon."

According to the school's alumni magazine New Trail, Liu was a well-liked and well-respected professor who started at the school in 1980.

Two Calgary men, Jonathan Robert Gerbrandt, 34, and Kevin Michael Owad, 39, have also been charged.

RYAN TUMILTY/METRO IN EDMONTON

Arrested

348

Canadian police said 348 people were arrested around the world, including 108 in Canada and 76 in the United States, as part of the "Project Spade" child-porn investigation.

Bill 28. Premier says sorry for being too hasty

Premier Alison Redford apologized to a room full of rural politicians Thursday and promised her government would fix legislation around regional governance.

Bill 28 was widely criticized for being too heavy-handed, particularly over a provision that could force municipal politicians to work with their neighbours or face jail.

Speaking to the Alberta Association of Municipal Districts



Alison Redford
THE CANADIAN PRESS

and Counties, Redford admitted the government had not done enough to consult municipal leaders.

"We will take the time to consult with you so that the framework that we put in place is one that truly works, one that gives you the tools you need ... if you choose to use them," she said. METRO



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We're here to help. Apply NOW so that we can provide you with the assistance you need to repair and rebuild. Visit **alberta.ca** or call **310-4455** toll-free for more help.



Joey Bleviss, chief administrative officer with the Calgary Poppy Fund, said his team is disheartened by a spike in donation-pot thefts this year. METRO FILE

Over 100 Poppy Fund donation boxes feared stolen

Dishonourable. Thousands of dollars may have been lost in thefts that have left one Air Force vet 'absolutely livid'



JEREMY NOLAÏS
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Volunteers with the Calgary Poppy Fund now say more than 100 of their donation pots are unaccounted for, and fear many have been stolen.

Metro reported earlier this month that 16 pots, which can hold anywhere from a few dollars to thousands, were missing — but that number later swelled to more than 30.

Now, the fund's chief administrative officer Joey Bleviss said he's trying to track down 116 pots, which typically would have been gathered by city legion branches by now.

"It's very frustrating for me, it's very frustrating for our volunteers, who give up their time to assist the veterans," he said.

Police indicated they have charged three people in connection with donation-pot thefts from gas stations, convenience stores and even the Calgary International Airport.

Poppy Fund volunteer and Canadian Air Force veteran Al Seddon said he's "absolutely livid" that thefts have more than doubled to 16 or 17 across the northwest area he oversees, compared to last year. But he's got a plan to thwart would-be snatch-and-grabbers.

Next year, Seddon will hand

Donate

You can contribute money, food and other items to the Calgary Poppy Fund by calling 403-265-6304 or emailing calpopp@telus.net.

out duct tape to volunteers and ask them to tape the donation can to the box. He believes that will make the package harder to steal. "Poppies will go flying and it will create some attention," he said.

Bleviss said it's difficult to know how much money has been lost overall, but speculated it would be multiple thousands of dollars.

Last year, the Calgary Poppy Fund raised more than \$2 million to aid veterans.

WITH FILES FROM BRYAN WEISMILLER



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Four CBE trustees still staying mum with the media

Silence pact. Peers, including CBE chair, have admitted mistake in signing agreement that restricts them from speaking to the media



JEREMY NOLAÏS

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More than half of Calgary's public school trustees have yet to remove their names from an agreement not to speak to media and now communications representatives have indicated all elected members won't speak to the matter any further.

"The board of trustees issued a statement earlier today and aren't speaking any further about it," reads a statement issued Wednesday by the Calgary Board of Education.

The statement makes clear that neither CBE administrators nor general counsel Supt. Greg Francis, who drafted the mum-to-the-media agreement, intimidated board members into signing it.

Metro was the first media outlet to report on the document last Thursday, but made it clear that the decision to restrict chatting with reporters

was driven by trustees, themselves.

But three of the seven trustees — Trina Hurdman, Amber Stewart and chair Sheila Taylor — have now asked that their names be removed from the agreement. Taylor and Hurdman indicated last week they signed in the spirit of board unity but have since feared it would restrict their ability to represent constituents.

Metro has learned that a full week after the agreement surfaced, the four other trustees — Joy Bowen-Eyre, Lynn Ferguson, Judy Hehr and Pamela King — have not made similar requests.

Efforts were made to reach each holdout trustee but a response was only received from Ferguson.

"The recent new release by the board of trustees speaks for itself and I have nothing further to add," she said Thursday after repeated emails were sent her way in recent days.

King, meanwhile, indicated in a brief email Monday that she had received the request for comment but did not respond to follow up questions.

Calls and emails to both Bowen-Eyre and Hehr went unreturned.

Word of the agreement and some trustees' apparent unwillingness to revise their positions was concerning to Stephen Garvey, executive director of the



Four Calgary Board of Education trustees — Joy Bowen-Eyre, top left, Lynn Ferguson, top right, Judy Hehr, bottom left, and Pamela King, bottom right — have not withdrawn their names from an agreement not to speak reporters despite three of their peers indicating placing their own signatures on the same document was a mistake. FACEBOOK; TWITTER; METRO FILE

Calgary-based Foundation for Democratic Advancement.

"Democracy's rooted in the people ... the media's a platform to reach the people," he said. "There's no

legal obligation on their part to talk to the media, but I would argue that, as an elected official, they have a duty to inform the public whenever possible."

The board of trustees' procedures do indicate the chair "normally serves" as the board's official spokesperson. But those same procedures also indicate there

is an assumption members would speak to "the press" but asks they that they "will respect decisions of the board and will not undermine those decisions."

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Amid condom controversy, MRU aims to spur positive dialogue

Helping hand. Event lets students, faculty know what assistance is available regarding abuse, dating violence



JEREMY NOLAÏS
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Advocates aiming to raise awareness about dating violence and sexual abuse took to the main hallway of Calgary's Mount Royal University on Thursday amid a controversy over a condom slogan created by students.

The event, hosted by the Stepping Up project, was planned well ahead of a firestorm of criticism over the slogan Anonymously Get Inside but provided the impetus to generate a positive conversation, according to co-ordinator Carrie McManus.

The condoms with the slogan written on the package were thought up by anonymous administrators of the MRU Confessions Facebook page, which is followed by

thousands. Those individuals have claimed repeatedly their critics — some of whom have said the slogan condones rape — are blowing matters out of proportion, adding the message was created as a “practical joke” and play on their connection to the Anonymous hacker group.

But McManus said leaving such an ambiguous message unchecked could lead the university down a slippery slope.

“What’s the next step? Does it get bigger and bigger until we end up with a chant that’s been passed down for years.... By stopping at this we are making a statement about what we want the cultural environment of Mount Royal University to be,” said McManus, a Mount Royal social-work grad herself, who also works with a domestic-violence agency.

Student-led chants condoning rape at both St. Mary's University in Nova Scotia and the University of British Columbia have generated national media headlines this semester with many questioning how some could make light of such a serious topic.

Long-sought apology

- After days of resistance, an administrator with the MRU Confessions Facebook page apologized to those offended by the slogan in an online posting Thursday evening.

The Stepping Up event Thursday introduced passersby to many assistance agencies as well as important facts about the prevalence of sexual and relationship abuse — figures suggest one in three women will experience some form of abuse.

Participant Meghan Reid, who took part in a weekend seminar put on by Stepping Up, said she wasn't aware of the effect her own past history of family abuse had on her. “You're blinded to it because it surrounds you, so why would you think anything's wrong,” she said.

McManus urged anyone struggling with abuse to reach out to the Connect Family and Sexual Abuse Network by contacting 403-237-5888 or toll-free 1-877-237-5888.



Carrie McManus, co-ordinator of the Stepping Up project, which aims to raise awareness about dating and sexual violence, said the culture created at post-secondary institutions is key to preventing abuse. JEREMY NOLAÏS/METRO

Alberta man gets 2 years for school crash



A memorial sits outside Racette Junior High School in St. Paul, Alta., on Oct. 29, 2012. THE CANADIAN PRESS FILE

A man who killed a student when he crashed his minivan into a school while he was having a seizure has been handed a two-year sentence and banned from driving for life.

But the judge also gave Richard Benson just over a year's credit for time he has already spent in jail.

Justice Paul Belzil said Benson wasn't being punished for having a medical condition, but for driving when he shouldn't have been.

He noted that Benson, who had not been taking his

medication for the seizures, has accepted full responsibility for the crash and is genuinely remorseful.

Benson, 47, pleaded guilty earlier this year to criminal negligence causing death and criminal negligence causing bodily harm.

He told court in St. Paul, Alta., on Thursday that he “never ever meant to go out and hurt any children. I'm truly sorry. Please forgive me.”

The Crown had suggested that Benson be sentenced to three years and never be al-

Quoted

“(I) never ever meant to go out and hurt any children. I'm truly sorry. Please forgive me.”

Richard Benson, speaking to a court in St. Paul, Alta., on Thursday

lowed to drive again.

Prosecutor Jeff Rudiak argued a message needed to be sent to other drivers who have seizures and aren't taking their medication.

Benson admitted in a court

document that he wasn't supposed to be driving and rarely took prescribed medication to control his seizures.

His van bolted at about 80 km/h down back lanes, crossed five streets and slammed into a window and wall at Racette Junior High School. It landed in a lower-level Grade 6 classroom and sent students and desks flying. Three children were pinned underneath the vehicle.

Megan Wolitski, 11, died in hospital the next day.

THE CANADIAN PRESS

StatsCan

Housing price index jumps in Calgary, falls in Edmonton

Statistics Canada says its new housing price index was unchanged in September nationwide, but

there were relatively large swings in Alberta's two biggest cities.

A monthly price increase in Calgary was offset by a decline in Edmonton, resulting in no change to the national index. Calgary prices rose 0.5 per cent due to rising material and labour costs as well as higher land

development costs.

New housing prices fell 0.4 per cent in Edmonton as a result of lower negotiated selling prices. Prices were unchanged in 11 of the 21 metropolitan areas surveyed. Statistics Canada reported a 0.1 per cent advance in the national housing price index in August. THE CANADIAN PRESS

Unexpected passenger

Baby boy born on flight bound for Calgary

Calgary-bound air travelers found themselves with an extra passenger on board Thursday after a woman went into labour

and gave birth to the flight.

The KLM flight from Amsterdam was forced to make an emergency landing in Yellowknife.

Transportation department spokesman Earl Blacklock told Metro that multiple doctors and nurses helped deliver the baby boy. The mother and

newborn were sent to Stanton Territorial Hospital by ambulance. “You take a flight that size and there's going to be a doctor on it,” Blacklock said.

CBC News identified the first-time mother as a 19-year-old who didn't speak English, as per an account from a patient on-board. METRO



Calgary police want to create an online system so Calgarians would no longer have to go down to a station, such as the Westwinds headquarters, to get police information checks done. ROBSON FLETCHER/METRO

City looking to move police information-check process online

Convenience. Move would make process easier, police say



ROBSON FLETCHER
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Police information checks are often required for job applications and volunteer positions, and Calgary is looking to make the process easier for city residents by moving it online.

"We're looking for an automated process that is going to be online, from the application to the results being sent to the individual," said police information-check unit manager Amanda Welfair. "So a member of the public does not have to come into a police facility at all — everything is done online."

Such a change would come as welcome news to Steve Cara,

operations manager for Paladin Security in Alberta, which employs about 1,150 people.

Cara said Paladin brings on board between 40 and 60 new people each month, and for many of them the current police check process can be a barrier to employment.

"We've seen wait times for the clearance of those checks from, at best, two weeks to, at worst, 11 weeks," he said. "For somebody who's coming into the door looking for a job, waiting 11 weeks to get Step 1 of the process out of the way is pretty overwhelming."

Welfair said moving the application online will speed up the process to a certain extent, as information will be sent automatically to police databases and the final results of the check can be sent directly to individuals electronically rather than by mail.

The actual search process

Police-check databases

- The Police Information Management System (PIMS). Applicant's involvement with Calgary Police Service.
- The Justice Online Information Network (JOIN). Alberta court records.
- The Canadian Police Information Centre (CPIC). System and RCMP national repository in Ottawa

— which includes Canada-wide criminal-record history, a vulnerable-sector search, and police history — will remain the same, she noted.

"So the beginning and end is faster," Welfair said. "The middle is still a manual, human process that we have to do."

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Puppies parade onto U of C

Shaggy saviours.
Petting dogs can ease exam anxiety, say pet society

Puppies will soon wag their tails at the University of Calgary and ease student stress in the process.

Following through on his most hyped springtime election promise, Ben Cannon, student life vice-president with the Students' Union, has confirmed That Empty Space in the MacEwan Student Centre will be transformed into a "puppy room" for two hours a day on Dec. 2, 4, and 6.

"It was probably my most standout, appealing platform

point," Cannon said, referring to a successful campaign that saw him net over half of the votes cast for his vice-president post. "It can be a really big help with de-stressing initiatives. It's immediately accessible to the average student."

The Pet Access League Society will provide eight pups, which, despite the common name "puppy room," range in

breed and age, according to executive director Diana Segboer.

"It gives the students a little bit of a downtime with something that is familiar and comfortable," she explained. "Everybody loves petting a dog, it brings down your blood pressure, it brings down your anxiety — it's just a really nice feeling." **JEREMY NOLAIS/METRO**



Students pat Roc, a large St. Bernard and certified therapy dog, at a "puppy room" created by Dalhousie University. **METRO FILE**

Account hacked. Woman claims she didn't post racist Kijiji ad

Online debate has erupted over a rental ad that dissuades white people from applying to live in a "huge master bedroom" in Calgary's southeast.

The classified ad, posted to Kijiji this week, said the landlords are looking for single male or female renters, but it cautions: "white people unacceptable sorry."

However, the woman who posted the ad claims her account was hacked and that she never intended to stir up any racial controversy.

"I posted the ad but it doesn't say that thing, you know, 'white people are unacceptable,'" Carol Dela Cruz told Metro.

"That's a very racist thing," she added.

The ad has since been yanked off the classified site.

That hasn't stopped the comments from continuing to roll in on Reddit and local radio station X92.9's Facebook page.

Some posts were humorous. "Mark my words! You let one of them stay and the next

thing there will be artisanal bakeries, bikes and a Starbucks on every corner."

Others took more offence. "All the jokes aside, this is still disgusting."

Some of those commenting said they've seen similar restrictions placed on different races across the classified site while others contended it was a one-off post that should be ignored.

Dela Cruz, meanwhile, could not suggest who may have posted the hateful addition to her advertisement.

Shawn McIntyre, community relations manager for Kijiji, said there's no evidence to suggest her account had been tampered with.

"Kijiji provides a safe and respectful experience for users and prohibits the posting of ads that defame anyone or contain hate speech," McIntyre said in a statement.

Alberta Human Services deferred comment to the Alberta Human Rights Commission, which did not respond before press time. **METRO**

Health care. NDP says province has plans to slash nursing jobs

The New Democrats say Alberta Health Services is planning to cut more than 177 nursing jobs across the province.

AHS documents released by the NDP dated Nov. 4 suggest most of the people affected would be registered nurses who work in hospitals.

"This document that we received shows cuts in all major hospitals in all cities across the province," New Democrat health critic David Eggen said Thursday.

He said such cuts would reduce the level of care

people receive in the health system, especially in hospitals, and that more cuts are being planned.

Eggen said it appears the government wants to replace registered nurses with licensed practical nurses and nurse's aides, who both earn less money.

Alberta Health Minister Fred Horne said the NDP's claim of nursing job cuts is wrong.

He said Alberta Health Services is trying to hire more full-time nurses.

THE CANADIAN PRESS

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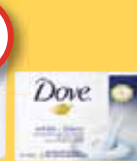
TYLENOL EXTRA STRENGTH CAPLETS, EZ TABS (100's), **BENLYN** COLD & SINUS (20's - 24's) or **MOTRIN** (45's - 90's) TABLETS
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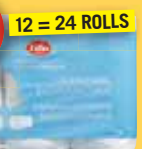
COCA-COLA or **PEPSI** BEVERAGES 6 x 710mL
Selected Flavours
Limit 4. After limit 2.99
Rest of Week 2.99
+ Deposit & Enviro Levy where applicable

2⁴⁹
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LIFE BRAND PAPER TOWELS 6 Roll
Limit 4. After limit 2.99
Rest of Week 2.99

4⁹⁹
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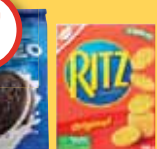
BIO-LIFE (12 Roll) or **LIFE BRAND** (9 Roll - 12 Roll) BATHROOM TISSUE
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Private plans. Minister has 'no issue' with creating third-party college

Alberta's head of higher education says he won't stand in the way if the University of Calgary pursues outsourcing an introductory college for international students.

The move would be the first of its kind in Alberta, but U of C's provost says it will likely require support from faculty to go ahead — a tall order given that the representing association has threatened legal action

amid claims bringing a private corporation on campus would harm the school's reputation and academic freedom.

The program would provide first-year "pathway" courses to students from abroad who would then hope to be admitted as actual U of C students.

Advanced Education Minister Thomas Lukaszuk was quick to point out his ministry doesn't fund foreign students and countered "misconceptions" that they take student spots away from domestic learners.

He also saw merit in the third-party concept.

"If they want to enter such protocols, I have no issue with it whatsoever," he said. "It shows thinking outside the box."

Student groups at the U of C have yet to offer formal positions on the move, which could be voted on in early 2014.

JEREMY NOLAIS/METRO

Global grads

- The University of Alberta once looked at a similar model but determined it was already well-established in the area of international recruitment.

- U of C provost Dru Marshall has conceded her younger school does not have quite the reputation abroad, something she hopes a third-party model could help address.

FORGET THE HONOUR SYSTEM — CALGARY TRANSIT NEEDS A SMARTER FARE SYSTEM



IN DEFENCE OF
Mike Morrison
calgary@metronews.ca

Every time I walk up to the C-Train platform, I'm faced with one very important and Shakespearian question: "To pay or not to pay?" Scoff if you must, but in a world filled with moral dilemmas, the question of whether I should pay for our honour-based transit system is one I still think about every single time. Sure, as I get older and some might say wiser, the likelihood of me paying has certainly increased. After years of dealing with a surprisingly frustrating system, I have to wonder: What do I get for my three dollars?

Calgary Transit's lack of innovation is clearly evidenced by its impossible-to-navigate website, which I can only assume was built during a free

AOL trial using Netscape and clip art. If customers are coming to your site for important information, why not make it as easy as possible? As it stands, Calgarytransit.com is basically a minefield of PDF documents.

With more than 100 million riders a year, Calgary Transit needs to start looking at its customers and give us reasons to pay each and every single time. Instead of the veiled threat that with increased services come increased fares, we need to look at comparable cities and see what's working for them. For years, transit has also been struggling to figure out how to implement an electronic fare system, something that cities from Hong Kong to London and even Lethbridge have had for years. Yes, Lethbridge. On Thursday, Calgary Transit announced that they hope to have something in place by next year, which is literally what we've been hearing

Gimme one reason to pay here

With more than 100 million riders a year, Calgary Transit needs to start looking at its customers and give us reasons to pay each and every single time.

every year since 2010. Fool me four times, shame on who?

There's also talk about introducing a pay-by-cellphone system, but even that won't be introduced until at least 2015, but likely 2017. For Canada's fastest growing city, what's taking so long?

I'd like to see Calgary Transit adopt a zone system similar Vancouver or San Francisco. Why are we paying \$3, whether you're on the train for one stop or 27? The further you go on the train, the more you

should pay. Vancouver also has a discounted rate for evenings and weekends, which means that after 6:30 p.m. you can ride anywhere on TransLink for only \$2.75. In Montreal, you get unlimited rides from 6 p.m. to 5 a.m. and all weekend long for only \$3. In Toronto, buying tickets in bulk can save you upwards of 12 per cent a ride; in Calgary, you can buy a book of 10 tickets for \$30, saving you absolutely nothing.

What if, instead of just increasing ticket checks and raising fines, Calgary Transit also invested in customer service? What if we encouraged innovative new ways of making transit easy and affordable for its customers? You'd be surprised how much (and how often) people would pay when they're treated like intelligent adults.

MIKE MORRISON WRITES MIKE'S BLOGGITY BLOG AND TWEETS FROM @MIKESBLOGGITY.

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Animal attacks. Exotic pet boom fuelling growth in wild cat sanctuaries

Over the past few decades, as an exotic pet trade boomed and Americans bought cute tiger cubs and baby monkeys, sanctuaries sprang up across the nation to take care of the animals that were abandoned when they reached adult-size or were no longer wanted.

The growth in both the number of wild cats as pets and the sanctuaries that rescued them has led to attacks.

Since 1990, more than 20 people have been killed by captive big wild cats at sanctuaries, zoos and private residences, more than 200 people have been mauled and 200-plus wild cats have escaped, according to one of the nation's largest wild cat sanctuaries.

The latest death is head keeper Renee Radziwon-Chapman, 36, who was killed by a cougar at an Oregon sanctuary last week.

Experts say that's because sanctuaries are largely unregulated and anyone can open one; there are no uniform safety protocols. And over-confidence or human error can lead to tragic consequences.

For decades, exotic animals have been imported into the U.S. and openly bred for the pet trade. Despite new laws that limit the trade in some states, people can easily buy an African rodent, a chimpanzee or a baby leopard at a flea market or online.

THE ASSOCIATED PRESS



An officer guards the gate near the entrance of Cat Haven, the exotic animal park in central California where a 26-year old female volunteer intern was killed by a lion, in Dunlap, Calif. GOSIA WOZNIAKKA/THE ASSOCIATED PRESS FILE

Aboriginal outcomes

Provincial efforts lagging: NDP

Saskatchewan says it's moving forward with recommendations to improve education and employment outcomes for aboriginals, despite Opposition arguments that a task-force report is sitting on a shelf. A joint panel made 25 recommendations in the April report. THE CANADIAN PRESS

Preparing kids, parents

More bullying info needed: Report

An anti-bullying report in Saskatchewan suggests people should be given information when they buy a smart phone on its appropriate use. The idea to hand out a brochure against cyberbullying comes from a similar one in Nova Scotia.

THE CANADIAN PRESS

Serial killer says drugs made him a 'monster'

Sentenced to 20 years.
Winnipeg man fatally strangled two women, charged with killing 3rd

A serial killer who was sentenced Thursday to 20 years in jail for killing two aboriginal women apologized to the victims' families and blamed drug addiction for turning him into a "monster."

Shawn Lamb, who was originally charged with second-degree murder in the deaths of Carolyn Sinclair and Lorna Blacksmith, pleaded guilty to two counts of manslaughter in a Winnipeg courtroom.

Court of Queen's Bench Justice Rick Saull agreed to accept the 20-years sentence that was recommended by both the Crown and defence. Lamb, who is 54, can apply for parole in nine years.

"He may never see the outside of a prison," Saull said in his judgement. "A lengthy, expensive trial would require the families to endure another year or two of anguish with the very real possibility of an acquittal."

The families of the two women sobbed as the Crown read out the gruesome facts of the case. Many left or were escorted out by security after yelling and swearing at Lamb.

"I can stand here for whatever life I have left to live and apologize. It's not going to do any good," Lamb told the court. "An apology is nothing. It doesn't change what happened ... I did the best that I could do to try to help the families have some answers,

some closure. It's just a terrible thing."

Amanda Sinclair, Carolyn's sister, agreed the apology meant nothing.

"It was just like sticking a knife in my back," she said. "This was just as painful as having to sit through a trial."

Lamb has been in custody since his arrest in June 2012 in the deaths of Sinclair, Blacksmith and Tanya Nepinak. Nepinak's body has never been found and Lamb is still facing charges in her death.

THE CANADIAN PRESS



Lorna Blacksmith, 18, left, and Carolyn Marie Sinclair, 25, are seen in Winnipeg Police handout photos released in 2012. Shawn Lamb has been convicted of manslaughter in the deaths of both women. WINNIPEG POLICE/THE CANADIAN PRESS FILE

The crime (warning: graphic content)

Court heard Thursday that both women were killed in Lamb's apartment in 2012 after they had smoked crack cocaine.

- Their bodies were found wrapped in plastic and dumped in back alleys.
- Lamb told police he hit Sinclair, 25, over the head with an axe handle, strangled

her and left her body in his bathroom for several days before he dumped it near a garbage bin.

- He told police he strangled Blacksmith, 18, with a TV cord, tried to revive her and then left to buy more drugs. He eventually dumped her body behind an abandoned house, where it wasn't found until six months later.





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3012 17 Ave SE

4410 50 Ave SE

6039 Centre St South

7845 Flint Rd SE

Calgary Southwest

Bankers Hall

Bow Valley Square

Chinook Centre

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Mob boss James "Whitey" Bulger stands in a U.S. Federal court. THE ASSOCIATED PRESS

Boston. Notorious crime boss sentenced to life

Former Boston crime boss James "Whitey" Bulger was sentenced Thursday to life in prison for his murderous reign in the 1970s and '80s.

Bulger, the inspiration for Jack Nicholson's sinister character in the 2006 movie *The Departed*, was convicted in August in a broad racketeering indictment that included

murder, extortion, money-laundering and weapons charges.

Corrupt Boston FBI agents protected Bulger for years while he worked simultaneously as a crime boss and an FBI informant who ratted out the rival New England Mafia and other crime groups.

THE ASSOCIATED PRESS

Karlheinz Schreiber convicted of tax evasion

Guilty. Former arms-industry lobbyist was linked in corruption scandals with Brian Mulroney and former German chancellor Helmut Kohl

Lengthy affair

A Canadian-German dual-national, Schreiber was arrested in Canada and extradited to Germany in 1999.

- He was convicted in 2010, but appealed and won a retrial.

Karlheinz Schreiber has been convicted of tax evasion and sentenced to six and a half years in a German prison.

The DPA news agency reported Thursday that Schreiber was found guilty in Augsburg state court.

Prosecutors say he didn't declare money he received as kickbacks for the sale of helicopters to Canada's coast guard, tanks to Saudi Arabia and other arms deals.

Schreiber is a controversial

figure in Canada, where he made secret cash payments of at least \$225,000 to former prime minister Brian Mulroney.

Allegations the 79-year-old also gave a cash donation to the former treasurer of German chancellor Helmut Kohl's party triggered a scandal that deepened with Kohl's 1999 admission he accepted off-the-book donations himself.

THE ASSOCIATED PRESS



Karlheinz Schreiber waits for the start of his trial Thursday. DPA/THE ASSOCIATED PRESS

Online surveillance

Google rejecting government requests for data

The latest snapshot of the intensifying focus on Google as a government surveillance tool emerged Thursday in a report that the company has released every six months for the past three years.

The breakdown shows

Google Inc. received 25,879 legal requests for people's data from governments during the first half of this year. That represented a 21 per cent increase from the last half of last year.

U.S. authorities accounted for 10,918 of the requests, more than anywhere else.

The report says Google is rejecting a higher percentage of the requests.

THE ASSOCIATED PRESS

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Bullied kids should toughen up, blogger says

Slams over-parenting.
'I feel like we're creating a generation of victims'

A South Dakota mother is the target of both praise and criticism after she blogged that kids being bullied should toughen up.

Stephanie Metz's wide-ranging post, which spread on Facebook after she shared a link, was as much about oversensitive modern parents as it was about kids.

"The main message is 'Don't be afraid to parent your kids.' They need to deal with some hardships," the 29-year-old mother of two from Rapid City, S.D., said Wednesday by phone.

"It's not our job to be our children's friend and make life easy for them," she added.

The Oct. 25 post on The Metz Family blog was titled Why My Kids Are NOT the Center of My World. Its original audience was eight friends and family members who have followed the blog since her first son was born four years ago and who live out of state. Metz said she

Tough love

"It's not our job to be our children's friend and make life easy for them."

Stephanie Metz, blogger and mother, on her approach to parenting.

posted a link to the blog on Facebook, her friend shared it and then her friend shared it "and it just kind of went crazy from there." The blog had been clicked on 885,000 times as of Wednesday and received countless other clicks on online sites that have posted it, she said.

She accepts the criticism and acknowledges her sons are still young — ages four and two.

Metz said she doesn't condone violence but also doesn't think parents should let their kids shut down when someone's mean to them. It's a philosophy she said she and her husband, Matt Metz, learned from their parents and are using on their own boys.

"I feel like we're creating a generation of victims," she said. **THE ASSOCIATED PRESS**



Stephanie Metz with her son Jameson. COURTESY STEPHANIE METZ/THE ASSOCIATED PRESS

Third-degree murder

No-contest plea in faith-healing death

A fundamentalist Christian couple in the U.S. who believe in faith-healing over medicine pleaded no contest to third-degree murder in the death of their infant son, nearly four years after they were put on probation for the similar death of another child.

The 10-year probation term in the 2009 case re-

quired Herbert and Catherine Schaible to seek immediate medical help if another of their children became sick or injured. But prosecutors said the couple instead prayed over their eight-month-old son, Brandon, before he died of pneumonia in April.

The Schaibles were on probation because they had been convicted of involuntary manslaughter in the January 2009 pneumonia death of their two-year-old son, Kent.

THE ASSOCIATED PRESS

Plane was 2,000 feet up

Search for fallen plane passenger

Rescue crews searched an area southeast of Miami on Thursday after a pilot reported to the Federal Aviation Administration that a passenger fell out of his small plane into the ocean.

FAA spokeswoman Kathleen Bergen says the call came at 1:30 p.m. Thursday from the pilot of a Piper PA

46 aircraft. The plane was flying at about 2,000 feet when the call came in, she said.

Coast guard and Miami-Dade Fire Rescue air and water units were searching an area about eight miles southeast of Tamiami Executive Airport, south of Miami, where the plane safely landed. It wasn't immediately clear where the flight originated or how many people were on board.

THE ASSOCIATED PRESS

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'Truly disturbing'

Wynne: Ont. keeping an eye on Ford

Ontario will consider offering "new tools" to Toronto if the city's government decides it simply can't function as a result of its scandal-plagued mayor.

The first significant move towards intervention was suggested Thursday by Premier Kathleen Wynne.

"We've been watching this situation closely and listening very carefully," said Wynne. "The things that we are seeing and hearing about Mayor Rob Ford are truly disturbing."

Wynne emphasized that it wasn't the province's role to impose its own preferences upon Toronto's government. But she conceded she would consult the provincial opposition parties if the city requested action from Ontario.

THE CANADIAN PRESS

Another day, another apology from Rob Ford

Warning: graphic content. Toronto mayor starts the day using foul language, then says sorry with his wife by his side

In the space of just a few hours Thursday, Rob Ford spouted an obscenity on live TV, refused to apologize then did apologize, was scolded by Canada's oldest football team for wearing its jersey and begged the media to give his family privacy — his seldom-seen wife by his side.

The latest bizarreness involving Toronto's besieged mayor set off another chorus of demands for him to leave — not just get help, but to resign for the good of the city.

The dizzying cascade of events began as Ford arrived at city hall — sporting a blue No. 12 Toronto Argonauts uniform with "Mayor Ford" on

the back.

As TV cameras broadcast live, Ford used crude language to deny allegations he told a female aide he was going to have oral sex with her. A staffer told police Ford also said he had already had sex with the aide, court documents say.

"It says I wanted to eat her pussy and I have never said that in my life to her. I would never do that. I'm happily married and I've got more than enough to eat at home," he said to astonished reporters.

The Toronto Argonauts released a statement saying they were "disappointed" at the mayor for using coarse language on live television while wearing the CFL team's jersey.

Ford, 44, the father of two children, did say he was receiving support from a team of health-care professionals, but refused to elaborate.

Initially, Ford stood by his vulgar comments.

"If you're offended, I'm not apologizing, because put yourself in my shoes if someone

said that about your husband or your wife," he shouted during a council session.

According to sections of court documents released Wednesday, an ex-staffer told police an intoxicated Ford made the comments at a restaurant on St. Patrick's Day last year.

The alleged incident was one of several in the document that reported questionable or bizarre behaviour by Ford: driving after guzzling vodka, sniffing cocaine, and apparently consorting with sex workers.

Ford called the allegations outright lies.

Just hours later, with his wife Renata nearby, the mayor apologized for what he called his impulsive and "graphic" remarks blamed on months of mostly self-inflicted stress, culminating in the latest revelations he said pushed him over the line. "When you attack my integrity as a father and as a husband, I see red," he said.

THE CANADIAN PRESS



Toronto Mayor Rob Ford jostles with the media as he tries to escort his wife Renata, left, out of a

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news conference on Thursday. CHRIS YOUNG/THE CANADIAN PRESS

Bored of Ford?

A new YouTube video is trying to spread the word that Toronto is "More than Ford."

- The one-minute, four-second video posted on the popular website is described as a "fan video" featuring "some of the things we love most about our city."
- It shows scenes from around the city along with sporting, fashion and entertainment events, street festivals and celebrities — but no images of Mayor Ford.
- The video posting comes as Toronto copes with continuing allegations about the conduct of Ford, who admitted during a city council meeting Wednesday that he bought drugs while in office.
- The video, set to the song Live in This City by Canadian band Drag-onette, had just under 7,000 views on YouTube as of Thursday.

A lawyer's opinion

Ford's threats to sue likely toothless

Mayor Ford's threat to sue former staffers for telling police about activities they said included his consorting with suspected sex workers is unlikely to go anywhere, a libel lawyer said Thursday.

Well-established case law offers protection to people speaking to investigators — but it's not absolute, said Julian Porter.

"The employees would have had a qualified privilege in talking to the police provided they weren't malicious and inventing it," Porter said.

"Now if the employees tell it to everybody else, that's a different matter."

At city hall, Ford named three former staffers: chief of staff Mark Towhey, special assistant Isaac Ransom, and spokesman George Christopoulos.

He also named a waiter who, according to court

documents, told police he suspected Ford had snorted cocaine while in a restaurant backroom.

All four had spoken to investigators as they probed the infamous video that apparently shows the mayor smoking crack cocaine, according to parts of search-warrant documents the court ordered released Wednesday.

Speaking to reporters Thursday, Ford said he was sickened by suggestions he had kept company with prostitutes and had been seen snorting cocaine.

"I can't put up with it any more," Ford said. "Litigation will be starting shortly."

Porter said the only chance Ford had of a successful libel suit would be if he could show what was said was defamatory, and deliberately wrong.

"It's possible that somebody is on a tear and they just invent something completely and go to the police," the lawyer said.

"If it's false, that's a whole separate matter."

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Worldwide child-porn sweep started in Toronto

Project Spade. 50 Ontarians, 58 other Canadians among 348 arrested worldwide in a massive child-porn investigation: Cops

At least 386 children have been rescued from sexual exploitation and hundreds of suspects arrested in a sweeping child pornography investigation that began with a Toronto man, police revealed Thursday.

"It's a first for the magnitude of the victims saved," said Insp. Joanna Beaven-Desjardins, of the force's Sex Crimes Unit. "The amount of arrests internationally, also a first."

At least 348 people were arrested around the world as part of Project Spade, including 50 in Ontario and 58 from other parts of Canada.



Insp. Joanna Beaven-Desjardins of Toronto Police reports on the major child-porn investigation. TORSTAR NEWS SERVICE

School teachers, doctors, nurses, pastors and foster parents are among those facing charges in the wide-ranging operation that can be traced back to a business operating

out of Toronto's west end, police said. The investigation was sparked in October 2010 when officers made contact with a Toronto man on the Internet who was allegedly

sharing child pornography.

Police allege Brian Way, 42, had been running an "exploitation movie, production and distribution company."

THE CANADIAN PRESS

Laval. 10 young teens arrested on child-porn charges; seven victims

How it got started

The Laval investigation began in earnest in October after a staff member at one Laval high school noticed that kids were huddled around a phone, looking at an image of a girl that was sexually explicit.

Child pornography, peddled by children. That's the serious accusation levelled at 10 adolescents arrested Thursday in the Montreal area.

The boys allegedly coaxed their friends and girlfriends into posing for pictures they later shared among themselves.

Aged between 13 and 15 years old, they were arrested in a sweep early Thursday in Laval, a suburb just north of Montreal.

They face various charges — including the production, possession and distribution of child pornography — and are expected to appear in youth court later Thursday.

Laval police spokeswoman Const. Nathalie Lorrain said they are hopeful the myriad files, at least one of them a video, were not widely distributed.

So far, police say they have identified seven victims — with all of the girls in the same age bracket as the accused. Police have met with the girls and their parents.

Lorrain said police have yet to go through a number of devices they seized Thursday. Other victims might be identified once police go through smartphones, laptop computers and tablets that were all seized as part of Operation Magma.

"The study of these items will allow us to know who received these images and if there were any more victims," Lorrain said.

Police said the network included students attending three English high schools in Laval. THE CANADIAN PRESS

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Rollout on healthcare 'fumbled': Obama

Obamacare. After weeks of problems, a sombre and reflective acceptance of personal responsibility for failures by U.S. president

"We fumbled the rollout on this health care law."

"That's on me."

"It was insufficient."

Again and again, U.S. President Barack Obama on Thursday shouldered the blame for his botched health-care rollout in unusually blunt terms — a step many of his critics contend was long overdue.

In an even rarer admission, he also acknowledged that the cascade of troubles

So sorry

"I am the head of the team. We did fumble the ball on it."

U.S. President Barack Obama
After six weeks of website woes and tumbling poll numbers a mea culpa on Thurs.

was damaging his credibility with the American

people and threatening to take a toll on his broader second-term agenda.

"It's legitimate for them to expect me to have to win back some credibility on this health-care law in particular and on a whole range of these issues in general," Obama said during a lengthy news conference.

THE ASSOCIATED PRESS



Barack Obama speaks about his health-care law Thursday in the White House in Washington, D.C. CHARLES DHARAPAK/THE ASSOCIATED PRESS

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Suggestive emails. Two U.S. Secret Service agents investigated

More than 18 months after a prostitution scandal in South America rocked the Secret Service, the agency in charge of protecting the U.S. president is investigating another case of suspected sexual misconduct in its ranks.

This time, two supervisory agents assigned to President Barack Obama's protective detail have been investigated for misconduct involving sexually suggestive emails sent to a female subordinate.

The alleged misconduct does not appear to involve a breach of President Obama's security.

According to The Washington Post, supervisor Ignacio Zamora Jr. was reassigned.

Timothy Barraclough, also a supervisor, remains with the presidential protection division.

The agency started investigating Zamora this spring after staff at a hotel in Washington notified the Secret Service that a bullet from Zamora's weapon was found in a room, a federal law enforcement official said.

The woman in the room identified Zamora as the agent who left the bullet, the official said.

A subsequent internal investigation uncovered the emails from supervisors Zamora and Barraclough, the official said.

THE ASSOCIATED PRESS

Eastern India

Seven elephants killed, 10 injured when hit by train

A passenger train plowed into a herd of elephants in eastern India, killing seven, including two calves, as they lumbered across the tracks in a forest, authorities said Thursday.

The crash was the worst of its kind in recent memory, said Hiten Burman, forestry minister in West Bengal. Ten other elephants were seriously injured and

the death toll could rise, he said.

The train was travelling at 80 kilometres an hour through the Chapramari Forest when it struck the herd of 40 elephants crossing the tracks on Wednesday at dusk, Burman said.

"The herd scattered, but returned to the railway tracks and stood there for quite some time before they were driven away by forest guards," he said.

Requests to have trains reduce their speeds inside the elephant corridor in the Jalpaiguri district have been ignored. **THE ASSOCIATED PRESS**



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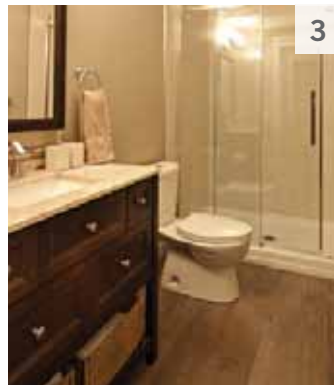
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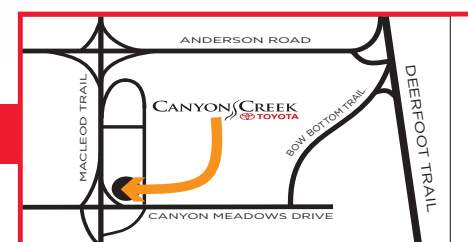
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SHINE THE LIGHT: FAMILIES OF MURDERED WOMEN SHARE STORIES OF HORROR, HOPE

Each week in Canada, at least one woman is killed by her partner. Hearing the stories of those women is critical to keeping others from facing the same fate, experts say. That's one of the strongest messages behind Shine The Light, a campaign to end woman abuse. Started in London, Ont., four years ago, the initiative is now painting towns across Canada purple during November to show support and urge victims of abuse to step forward. Here, Metro speaks to the families of three women who were victims of what campaign leaders call 'intimate femicide' — deaths when they should have been safe.



MIKE DONACHIE
Metro in London, Ont.



Paula Gallant, Halifax

Paula Gallant was a Halifax elementary school teacher. In 2005, she was strangled by her husband, Jason MacRae, during an argument about a \$700 gambling debt he ran up on a credit card. MacRae then wrapped Gallant's head and face with plastic wrap for 20 minutes, to make sure she was dead.

It took five years for charges to be laid, and MacRae, who's now 40, kept living in the house they shared. He eventually pleaded guilty to second-degree murder and was sentenced in 2010 to life in prison with no parole for at least 15 years.

Gallant's sister, Lynn Blackburn, continues to campaign against woman abuse and wants the courts to take a tougher line.

"We have to take this crime seriously and hand down stiffer sentences, and make it tougher for these folks to get parolled," she said.

She calls Shine The Light "a very significant initiative" in that it shows society that violence against women is more prevalent than many people believe. Blackburn remembers her sister as "a vivacious young woman in the prime of life."

"She was somebody who had a tremendous sense of humour," said Blackburn. "Very quick-witted. Extremely bright. Loved by everybody whose paths she crossed."



Jocelyn Bishop, London, Ont.

Jocelyn Bishop was shot in 2010 with a homemade handgun — her body buried in a shallow grave dug at her London, Ont., home.

The killer was her common-law partner, Christopher Gale, who didn't tell anyone Bishop was dead until the body was found. Later, he said the 21-year-old had committed suicide. Gale, 32, was found guilty of second-degree murder and received a life sentence last month with no chance of parole for 15 years.

"She was my only sister. She was my younger sister," said Melissa Bishop. "I could be feeling really down and, no matter what, she could make me feel better. She was very compassionate."

"She had a real special love for animals and her friends and family."

The importance of Shine The Light, for Melissa Bishop, is its ability to raise awareness of abuse of women.

"A lot of the time it can just be pushed under the carpet," she said. "I don't think it's taken as seriously as it should be by some people."

And the work needs to continue, she added.

"Let women know that there is help out there," she said. "There are people who care about them and who want them to change their lives and get out of an abusive relationship."



Shannon Scromeda, Winnipeg

"I think I killed my girlfriend with a hammer," Shannon Scromeda's partner said when he called 911 in April 2008.

Kevin Strong had inflicted 15 blows on Scromeda, 25, a mother and a secretary at Winnipeg's building-services department.

Strong, now 32, pleaded guilty to in 2011 to second-degree murder and received a life sentence with no chance of parole for 10 years.

Deborah Scromeda, Shannon's mother, remembers her daughter with a smile.

"I think if you take everything that you want your daughter to be, that would be how I would describe her," she said. "She was so hard-working in her home and her career. She always had a laugh and a joke. She always had a smile."

"I think the most important thing was she was just a wonderful mom."

Speaking about the Shine The Light campaign, Deborah Scromeda said: "My respect is just beyond words."

She added: "Women can feel strength, and they can see that people care."

Scromeda wants to see more people face up to violence against women.

"It's not fully recognized, how dangerous it is in our country and in our world," she said.

To get help

- **Women in trouble need to know where to turn.** Megan Walker, executive director of the London Abused Women's Centre, says the Assaulted Women's Helpline is a vital resource
- **Although Ontario-based,** the 24-hour, 365-day helpline supports women from around the world and refers them to services in their area
- **It can be reached at 416-863-0511.** Resources are also available at awhl.org



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Workers bury unidentified bodies six days after Typhoon Haiyan

Making progress.

Roads are being cleared so food and supplies can be distributed to typhoon victims

The air was thick with the stench of decay as sweating workers lowered the plastic coffins one by one into a grave the size of an Olympic swimming pool.

Scores of unidentified bodies were interred together Thursday in a hillside cemetery without any ritual — the first mass burial in Tacloban, a city shattered by last week's Typhoon Haiyan.

Six days after the disaster, some progress was being made in providing food, water and medical aid to the half-million people displaced in the Philippines. Massive



Firemen carry the body of a Typhoon Haiyan victim to a mass grave in Tacloban city, in central Philippines, on Thursday. Typhoon Haiyan, one of the most powerful storms on record, hit the country's eastern seaboard on Friday, destroying tens of thousands of buildings. VINCENT YU/THE ASSOCIATED PRESS

bottlenecks blocking the distribution of international assistance have begun to clear.

Soldiers on trucks gave

out rice and water, and chainsaw-wielding teams cut debris from blocked roads to clear the way for relief trucks

in Tacloban, the capital of the hardest-hit Leyte province.

Thousands of people continued to swarm Tacloban's

damaged airport, desperate to leave or to get treatment at a makeshift medical centre.

THE ASSOCIATED PRESS

Canadian aid

Canada could lend relief services

The Canadian Forces are considering sending a detachment of three to six Griffon helicopters to help with relief efforts in the Philippines in the wake of Typhoon Haiyan.

Officials say teams on the ground on the typhoon-ravaged island of Panay are assessing the situation and the need for helicopters.

A final decision will be made by an inter-departmental task force in Ottawa, but the military is preparing helicopters for the mission if it's decided to send them. THE CANADIAN PRESS



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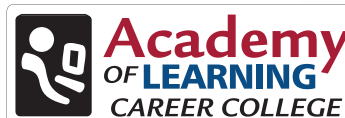


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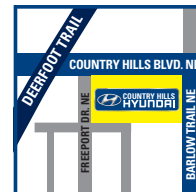
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Blind man, service dog removed from flight

A dispute involving a blind man, his guide dog and an airline crew led to the cancellation of a flight from Philadelphia to New York, leaving passengers to be sent by bus to their destination.

Albert Rizzi said the argument began Wednesday night when a crew member told him to put his service dog under the seat in front of him as they waited for the US Airways Express flight to leave for the airport in Ronkonkoma, N.Y.

He said that the flight attendant claimed the dog was creating an unsafe situation.

"She was very confrontational to the point where her tone was not appreciated," he said. "I was ripped off the airplane. I was very upset."

Rizzi said the dog had gotten restless and was curled up beneath his legs.

But flight attendants described the dog as agitated and expressed concern that Rizzi



An airline rep said that crews are "very familiar with the protocol for service animals." STEPHEN CHERNIN/GETTY IMAGES

was not controlling it, airline spokeswoman Liz Landau said.

Rizzi became verbally abusive, and the crew decided to remove him, Landau said. That decision caused some of the other 33 travellers to become upset, she said, and the flight

Quoted

"We were like, 'Why is this happening? He's not a problem.'"

Frank Ohlhorst, fellow airline passenger

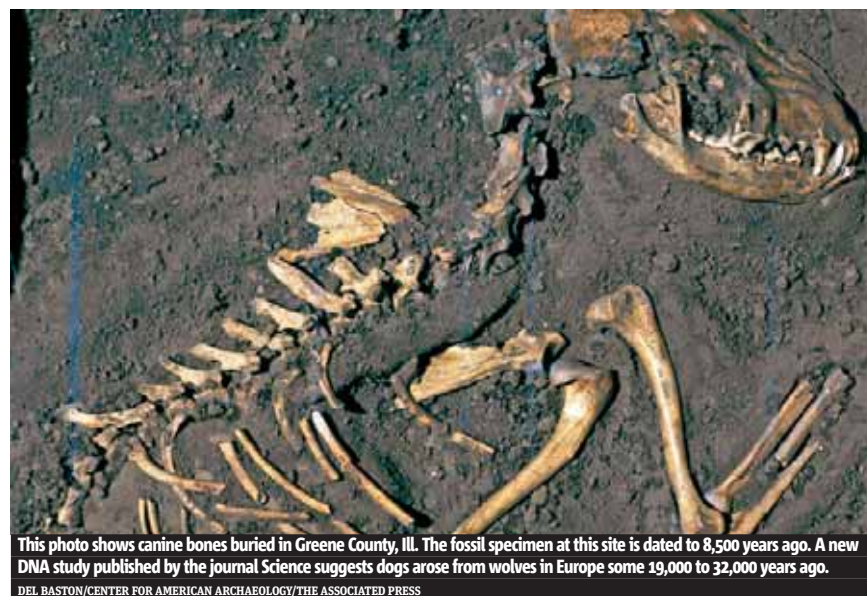
was cancelled.

Fellow passenger Frank Ohlhorst told reporters that Rizzi wasn't being disruptive.

"We were like, 'Why is this happening? He's not a problem. What is going on?'" said Ohlhorst.

Landau told The Associated Press that crews are very familiar with the protocol for service animals, and the airline is reviewing how the situation was handled.

Rizzi said he later learned there had been open seats on the plane. "She never tried to move me or anybody else," Rizzi said of the flight attendant. **THE ASSOCIATED PRESS**



This photo shows canine bones buried in Greene County, Ill. The fossil specimen at this site is dated to 8,500 years ago. A new DNA study published by the journal Science suggests dogs arose from wolves in Europe some 19,000 to 32,000 years ago.

DEL BASTON/CENTER FOR AMERICAN ARCHAEOLOGY/THE ASSOCIATED PRESS

Dogs originated in Europe, new DNA study says

Archeology. Report shows that DNA of modern dogs is similar to European fossils

For years, scientists have been dogged by this evolution question: Just where did man's best friend first appear?

The earliest known doglike fossils come from Europe. But DNA studies have implicated east Asia and the Middle East. Now a large DNA study is lining up with the fossils, suggesting dogs originated in Europe some

19,000 to 32,000 years ago.

The latest attempt to figure out where dogs first evolved was published online Thursday by the journal Science.

The DNA of modern dogs showed similarities to the genetic material from ancient European specimens and modern-day European wolves, the researchers reported.

The first dogs evolved by associating with hunter-gatherers rather than farmers, since dogs evidently appeared before agriculture did, they said.

Robert Wayne of the University of California, Los Angeles, a study author, said the kind

Man's best friend

The study supports the theory that dogs originated in Europe.

- Other studies have suggested that dogs evolved in Asia or the Middle East
- Experts praised the new work, but said it won't end the debate.

of wolf that gave rise to dogs is now extinct. **THE ASSOCIATED PRESS**

Florida

Another sinkhole

Residents of several Florida homes have been evacuated due to a possible sinkhole that opened in a backyard in Pinellas County on Thursday.

Deputy Fire Chief Trip Barrs said the hole was about four metres wide when officials arrived on the scene. **THE ASSOCIATED PRESS**

Pennsylvania

Better really late than never

After 150 years, the Patriot-News of Harrisburg retracted an editorial critical of U.S. President Abraham Lincoln's Gettysburg Address.

The paper's November 1863 coverage said the speech amounted to "silly remarks." **THE ASSOCIATED PRESS**

Texas

Cops stop hops

Officers in west Texas captured a kangaroo hopping along a road and returned it to its owner.

Patrol-car video shows some of the chase along a rural highway.

Deputies helped corner the four-foot-tall animal as the owner offered it a treat. **THE ASSOCIATED PRESS**

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PUBLIC NOTICE

NORTHWEST TOYOTA DEALER TO HOLD YEAR-END WRITE-DOWN EVENT FOR 3 DAYS ONLY

Proper year end business procedures have caused us to re-evaluate our entire Pre-Owned and New Demo Vehicle inventory to better reflect current market conditions. Out of this need we have just recently wrote down and re-evaluated over 120 premium pre-owned and new demo vehicles in the amount of \$110,000. Due to the winter months approaching there is a need for us to drastically clear out this inventory before end of November.

What does this mean to you?

**We are holding a 3 day
year-end write-down event!
November 14-16 ONLY!**

What has transpired is our higher than normal amount of recent trade in's have not kept up to our selling pace which had necessitated us to re-evaluate our inventory to reflect the market. "It's easy to feel confident about purchasing a used vehicle when this type of opportunity is available" says General Manager, Todd Richardson. Due to the urgency of this event, all 120 vehicles will be priced for immediate sale featuring bottom line pricing on every vehicle. This means a one-time only chance for amazing savings on all of our premium re-conditioned used vehicles all with warranties and exchange privileges. We have even worked out some unheard of interest rates from over 4 of our popular lenders. Finance for as low as 1.9%. This means you can save over \$40/month on many of our vehicles over what you could traditionally expect to pay from a traditional financing source. We will also provide you with full disclosure and bottom line pricing on our entire used vehicle inventory so that you can make a decision in confidence. From the dates of November 14-16th only!

Whether you are looking for a great Toyota

Certified Used Vehicle, or another make of vehicle that came from a trade-in, you are sure to find a vehicle that fits you, and a price that fits your budget.

With the holidays coming up, the timing could not be better for those looking to save on pre-owned vehicles. An example of some of the savings you could expect:

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2011 Honda Pilot was \$31,988

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2011 Nissan Juke was \$19,987

now after write down is \$17,957

2010 Toyota Corolla was \$14,386

now after write down is \$12,964

2010 Toyota Matrix was \$14,987

now after write down is \$12,828

2010 Chevrolet Cobalt was \$11,975

now after write down is \$9,792

2010 Toyota Matrix was \$16,876

now after write down is \$15,117

2010 Toyota Sequoia was \$45,985

now after write down is \$42,975

2009 Toyota Camry was \$19,875

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As a result of the urgency of this sale, we are also offering a \$500 service credit to anyone who purchases one of our pre-owned vehicles during this clearance event and who brings in this ad with them at the time of purchase.

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Trek ahead. Prince Harry to race across Antarctica for wounded troops

Britain's Prince Harry has praised the courage of wounded servicemen and women who are gearing up for a race across Antarctica to the South Pole.

Harry will join a team of four injured British soldiers in the 320-kilometre Walking With the Wounded charity trek.

Three days ahead of the team's departure from Britain, Harry appeared in London's Trafalgar Square on Thursday with members of

the three teams — from Britain, the U.S. and the Commonwealth — and spoke of the courage on display going into the challenge.

He said the men and women alongside him "have achieved so much just to get here."

The 29-year-old prince said the trek will prove that even after suffering traumatic events like losing limbs, "you can achieve pretty much anything."

THE ASSOCIATED PRESS



Prince Harry speaks during a press conference as he departs for his trek to raise funds for his charity Walking With the Wounded at Trafalgar Square on Thursday in London, England. BEN A. PRUCHNIE/GETTY IMAGES

Long-term commitment

Space Agency working on 10-year plan

The new head of the Canadian Space Agency says he's working with other government partners on a 10-year, long-term space plan.

Walt Natynczyk, who took over in August, made the comment at the annual

summit of the Canadian Space Society.

It was one year ago this month that former cabinet minister David Emerson criticized the Canadian space program, saying that it's been floundering.

Emerson also presented a report then that said the CSA's core funding be stabilized over a 10-year period.

Natynczyk replaced Steve MacLean, who quit the CSA earlier this year.

THE ASSOCIATED PRESS

First female Hamas speaker embraces role

A new face forward.

Isra Almodallal is a student reporter and avid social media user who projects a very different image to the one Hamas usually shows the West

KIERON MONKS

Metro World News

Isra Almodallal is a little annoyed by all the attention she has received since being appointed Hamas' first female spokesperson.

"I am surprised. The idea that the government is against women is absolutely wrong," Almodallal, 23, told Metro by telephone from Gaza, in the perfect English she learned over three years of education in the U.K. "The government is part of society and it is fighting for all of our rights."

A student reporter and prolific social media user, the new spokesperson projects a dramatically different face to the one Hamas usually shows the West, often invoking hellfire against its enemies. But Almodallal is confident she will not have to change.

"I'm not going to defend things I don't believe in, but I have responsibility to deliver our message on specific issues like prisoners and access to Jerusalem. Maybe I will cover feminist activism in Gaza. The job is to make people understand the situation here."

Almodallal says she does



Isra Almodallal is the first female spokesperson appointed by Hamas. FACEBOOK

not mind the male-dominated environment, and the number of women is growing in her department. Local sources believe this is part of a modernizing initiative from Interior Ministry spokesman Ihab Ghusseini, a charismatic, U.S.-educated figure who has sought to make Hamas more palatable to foreign observers. "He refers to Israel, not the 'Zionist entity,'" a local reporter told Metro.

The government's reputation had suffered from banning women from smoking shisha pipes and imposing restrictive dress codes. Against this,

women make up around 20 per cent of government employees and around half of university graduates.

"They are trying to reach a new audience and it's good, but this is an issue for foreign people more than us," says Gazan journalist Yasmeen El-Khoudary, saying that "men and women are both doomed while we are under siege." A recent Amnesty International report confirms "mass unemployment, extreme poverty" in the region and that "four in five Gazans (are) dependent on humanitarian aid."

Naila Ayesha, former director of Gaza-based Women's Affairs Center, agrees that the conflict is key, but expects the government to do more. "We can't separate the siege from the rights of women. We suffer more from having four hours of electricity a day," she told Metro. "But they believe in a man's society and use our religion against us."

Against such a volatile backdrop it promises to be a difficult job for Almodallal. "It's a great challenge and I will work all the time," she says happily.





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Gunmen in Cameroon kidnap French priest

A French priest was kidnapped from his northern Cameroon parish home by heavily armed men in a region where the radical Islamic sect Boko Haram operates, eyewitnesses and French officials said Thursday.

The gunmen fired into the air as they fled on motorbikes with their captive, one witness said.

Georges Vandenbeusch was kidnapped in the region

of Koza, in the extreme north of the country, some 30 kilometres from the border with Nigeria. The zone has been flagged as a risk for terrorism and kidnapping, but the priest chose to stay on to "exercise his mission," the French Foreign Ministry said.

The ministry said it was trying to verify the identity of the gunmen and circumstances of the kidnapping, which eye

witnesses said happened late Wednesday. There was no immediate claim of responsibility, but the deputy prefect of the region, Ouhe Kolande, said Boko Haram was suspected.

The group has waged a campaign of bombings and shootings across Nigeria's north. They are held responsible for more than 790 deaths last year, and many dozens more this year. THE ASSOCIATED PRESS



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Travel

Canada lifts visas for Czechs

Canada has lifted a visa requirement for travellers from the Czech Republic, bringing them in line with most other European countries. But visas still apply to visitors from Romania and Bulgaria.

Canada imposed the visa to block what it called bogus refugee claims by large numbers of ethnic Roma applicants. **THE CANADIAN PRESS**

Budapest ban

Public places not home to homeless

Budapest's city council has banned the homeless from living in many public areas of the city, including playgrounds, train stations, cemeteries, and the Hungarian capital's largest park.

The ordinance passed Thursday allows the fining of homeless people living in the restricted areas. **THE ASSOCIATED PRESS**



Not-in-my-backyard protest

A man helps a woman put on a gas mask during a protest in front of the Albanian Embassy in Skopje, Macedonia, on Thursday. The rally by an ethnic Albanian rights group was in support of about 5,000 protesters in neighbouring Albania demonstrating against a reported plan for Syrian chemical weapons to be destroyed in their country. The protesters questioned whether that can be done safely and whether it would undermine their tourism. **BORIS GRDANOSKI/THE ASSOCIATED PRESS**

Iraqi Shiites marking religious ritual attacked, 41 killed

Insurgents. Violence since April when Iraq cracked down on Sunni protest camp has soared to levels not seen since 2008



Iranian Shiites cover themselves with mud during Ashoura at Bijar, west of the capital Tehran, Thursday. **EBRAHIM NOROOZI/THE ASSOCIATED PRESS**

A suicide attacker and twin bomb blasts on Thursday targeted Shiites marking a sombre religious ritual in Iraq, killing at least 41 people and wounding more than 100, officials said.

The ritual, known as Ashoura, has been marred previously by massive attacks by al-Qaida and other Sunni extremists who see Shiites as heretics.

The deadliest of Thursday's attacks was in the town of al-Saadiyah, 140 kilometres northeast of Baghdad, where

a suicide bomber struck a group of Shiites who were recreating the seventh-century battle of Karbala, a city in present-day Iraq. Ashoura commemorates the death of Prophet Muhammad's grandson, Imam Hussein, in that battle. The explosion killed at least 32 people and wounded

75, two police officers said.

Earlier Thursday, two bombs exploded simultaneously near tents set up to offer food and drinks to Shiites pilgrims passing through Hafriyah, a town about 50 kilometres south of the Iraqi capital, another police officer said. **THE ASSOCIATED PRESS**

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Doctors say (electronic) cigarettes good for health?

Critiques up in smoke. Only 'theoretical' health risks identified; devices set to overtake tobacco

E-cigarettes are almost completely free of health risks, and could save millions of lives, agreed health experts at a London summit to discuss the effects of the device.

E-cigarettes — which work by users inhaling vaporized nicotine — have enjoyed a surge of popularity since they were introduced around the turn of the decade, with around seven million users in Europe. Nations have moved to crack down, but a growing movement claims they offer more benefits than risks.

"We can recommend that smokers who cannot quit should switch to e-cigarettes," said leading researcher Dr.



A man holds an e-cigarette at a pop-up bar in London, England. Physicians and even former opponents are warming to the idea of e-cigarettes, which offer nicotine but not the smoke. LEFERIS PITARAKIS/THE ASSOCIATED PRESS FILE

Konstantinos Farsalinos of the University Hospital Gasthuisberg, Belgium. The risks were less than one 1,000th of smoking tobacco, he told Metro.

Dr. Farsalinos added that the devices were the most effective tools to quit smoking. "The best alternative before was around 20 per cent.... In my research, up to 80 per

cent of participants using e-cigarettes have quit." Medical journal The Lancet found them more effective than Nicorette gum and patches.

The WHO estimates one

Regulation

Debate rages over regulation, but e-cigarette advocates won a major battle as the European Parliament has abandoned plans to impose medical regulation that would restrict sales to pharmacies.

- "Regulation puts the businesses under threat, which could mean users are forced to smoke regular cigarettes again," says Nigel Hislop of advocacy group Saveecigs.com.

billion people will die from cigarette use in the next century, and previous opponents of e-cigarettes are becoming more supportive.

KIERON MONKS/METRO WORLD NEWS

Market Minute

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Random biz fact of the day

33%

33 per cent of employers said they don't follow up with candidates they interviewed with to let them know they didn't get the job.

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Ottawa tells telecoms to use spectrum or lose it

Wireless. Companies cite lack of compatible equipment as reason for not making use of spectrum

Telecom companies sitting on licensing rights that could provide more high-speed Internet service to rural consumers are being told to use

it or lose it by the federal government.

Industry Minister James Moore said Thursday the government will not renew spectrum licences for those telecom companies that have failed to use them, citing the government's commitment to improving wireless service to Canadians.

"Those that have not used the spectrum will lose it," Moore said in a statement.

Moore said the licences

Quoted

"If you've been sitting on this stuff for the best part of a decade, you're not going to be deploying it tomorrow." Iain Grant, telecom analyst

issued for the 2300 megahertz and 3500 megahertz spectrum were for fixed wireless services, which he said was the most affordable way to provide high-speed Internet in rural areas.

Telecom analyst Iain Grant said Bell is the largest single holder of this spectrum with 234 licences, followed by Telus and Rogers and a number of other providers.

THE CANADIAN PRESS

Bosnia

High-speed rail trains to nowhere

They were seen as a shining example of Bosnia's rebirth from war: a fleet of high-speed trains built-to-order in the West. Eight years later, they haven't made a single ride: They're too fast for Bosnia's 60-year-old rails.

"It's as if you bought nine Ferraris and ... no roads to drive them on," said Samir Kadric, an official with the publicly owned railway company responsible.

Not only are the tracks too old, Kadric explained, there's no money to maintain them, meaning they just decay as they sit idle.

THE ASSOCIATED PRESS



Neigh-sayers protest tax

Protesters and their horses hold a board reading "No to the 20% VAT" during a demonstration in Paris, Thursday. Beginning next January, France plans to lift the value-added tax on riding schools to 20 per cent from seven per cent to bring France in line with EU regulations.

CHRISTOPHE ENA/THE ASSOCIATED PRESS

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Douglas Coupland

Douglas Coupland's latest novel, *Worst. Person. Ever.*, is available from Random House Canada.

Day 10

metronews.ca/temp

Arrested development

With careers so sluggish they are Generation Wait

U.S. mobility for young adults has fallen to the lowest level in more than 50 years as cash-strapped 20-somethings shun home-buying and refrain from major career moves.

The new Census Bureau figures underscore the impact of the sluggish economy on young people whom demographers refer to as "Generation Wait."

Burdened with college debt or toiling in low-wage jobs, they are delaying careers, marriage and having children. Waiting anxiously for their lucky break, they are doubling up with roommates or living with mom and dad. **THE ASSOCIATED PRESS**



Sound familiar?

Nashville resident Jeremy Bills, 27, (pictured) has stayed put in his college town in hopes of finding a job in management consulting or human resources. Instead, he has mostly found odd jobs like pulling weeds and dog-sitting.

"I'm constantly looking for other jobs," he says. **THE ASSOCIATED PRESS**

Temp Enjoys Cocktails With The Danimal

It was after 5:00 and I was getting ready to call a cab when a flower delivery arrived — a jumbo tropical parade float that put my mind immediately to rum drinks. The Danimal passed through as I was opening the envelope. "Who's that for?" he asked.

I opened it and we both read it at once: "To most beautiful temp for glorious mcfunburry dinner. return from china very soonly." I wasn't sure how to play this.

"Shannon, is there something I should know?"

"Huh?" God, not the mating panda thing again. "No!"

"That's not what I meant."

"What did you mean?"

"I saw you and Xu Junior yacking it up in the parking lot. Don't think I believe the fortune cookie English thing for a minute."

"Oh."

"Yes, oh."

I tried casually to put on my jacket. Danimal said, "Come for drinks with me. It's not a pick-up. Yes, my wife's in Florida getting her lips done, but you know that. I just don't want to go home yet, not after today."

"Where's Andy Kimura?"

"We hate each other. I don't care where he is. It's one of the reasons we're selling."

A motherlode of potential of-vice gossip was too big to ignore. "OK, but I don't go with married guys. Period."

"It's not about that. Let's go to

that bar beside McFunbury's.

"The Executive Privilege Short-Term Corporate Lodging Good Time Experience?"

"That's the place. 'The Priv.' We have a deal with them."

Drinks at The Priv started badly. Danimal guzzled a double scotch and I got stupid on a rum punch. He got philosophical about cars, the way guys do. "Kevin's Shelby depressed the crap out of me. I looked at it and all I thought of was how it's too late to fix whatever bit of the economy is left after having shipped it all off to China. Think of Michigan: ten million primates needing 2,500 calories a day sitting on a cold rock in the middle of the North American continent, with nothing to do all day. A recipe for disaster. Bartender!"

More drinks. More philosophy. "Shannon, Detroit is our existential boogiemani. Detroit forces us to ponder the meaning of being alive: we wake up, we do

Drinks at The Priv started badly. Danimal guzzled a double scotch and I got stupid on a rum punch.

something, we go to sleep, we repeat it about 22,000 more times, and then we die."

I looked across the bar: Sarah and Kyle were coming in and they'd obviously just been ... frisky with each other.

Danimal was being maudlin: "I don't care if you're spying on TWK for the Chinese. I just want the old system back."

Dan and Sarah locked eyes. So did Kyle and I.

"Sarah?" said Danimal ... "This place is our place. You brought someone else here?"

"What about you, Romeo?" Kyle looked at me... "Shannon?"



Random biz fact of the day

80%

Get some business cards and polish up your online profile — 80 per cent of jobs are secured via networking.

SOURCE: NEXCAREER

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Random fact of the day

- Jedi became the second-largest religion in New Zealand after an email campaign ahead of the 2001 census.

SOURCE: OMG-FACTS.COM



"It's not what you th—" I turned to Danimal, "Spying for the Chinese? Are you nuts?"

Caramba, what a mess.

TO BE CONTINUED...



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FORD OVERSHADOWS, WELL, EVERYTHING

1 Had enough of me yet? The slow-moving political train wreck that is Rob Ford continues as the world watches, aghast and helpless. Drug/alcohol/escorts/assaults/murderous threats — at this point, is there any bad thing the mayor of Toronto has not allegedly done? And yet, like the Black Knight in Monty Python and the Holy Grail, the Big Fella insists it's just a flesh wound. As one protest sign outside city hall suggests: It's time to either step aside ... or fall over.

2 And then there's this typhoon. Not Hurricane Rob, but the very real and tragic Typhoon Haiyan. We all knew the worst storm ever was going to wreak havoc in the Philippines and it has. Thousands have died and more



THE METRO LIST
Paul Sullivan
metronews.ca

role you're born for. Too bad Shakespeare's not around

than 600,000 are homeless in the wake of the storm. Unless relief aid gets to the people who need it soon, the situation will get much, much worse. Is it just me, or is the worst thing about the Rob Ford Clown Show the fact that it's distracting us from helping those who really need help?

3 Meanwhile, back at the palace. Happy birthday to Prince Charles, who turned 65. That's nothing. His mum is 87 and appears to be no less robust than her mum, who made it to 101. He already has the record for the longest wait to be crowned the King of England. How very strange it must be to spend your entire life waiting for your mother to die so you can assume the

any more — he'd have a field day with this one.

4 He may not know art... but he sure likes Andy Warhol. Some Rich Guy (Woman?) paid \$105 million US for a Warhol painting of a car crash, complete with dead body spread across the wreckage. Nice! Oddly, this wasn't the most spent on a single painting this week. That honour goes to a 1967 work by Francis Bacon called Three Studies of Lucien Freud, which sold for a world record \$142.4 million US. I just went out and bought a set of paints and brushes. Gonna get me some of that.

5 Freedom Towers over Manhattan. New York is once again officially the home of North America's tallest building, the 1,776-foot Freedom Tower. It replaces the Twin Towers demolished in 2001 by Osama Bin Laden's air force. Western Civilization, 1, Forces of Chaos, 0.

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ZOOM

Chilly conditions for activists



MICHAEL SOHN/THE ASSOCIATED PRESS

Imprisoned protesters honoured

Portraits of Greenpeace activists are frozen in ice cubes in front of the headquarters of Gazprom Germany in Berlin, Thursday, during a Greenpeace protest against the imprisonment of 28 activists, a Russian photographer and a British video journalist.

The 30 people were

arrested following a protest at a Russian oil rig in the Arctic.

Among the detainees are two Canadians: Paul Ruzicki of Port Colborne, Ont., and Alexandre Paul of Montreal.

In late October, Russia dropped piracy charges, which carry a sentence of up to 15 years. The 30 are now charged with hooliganism, which carries a maximum sentence of seven years.

THE ASSOCIATED PRESS

Paul McCartney asks for resolution

Paul McCartney is urging Russian President Vladimir Putin to release the captors.

In a letter addressed "Dear Vladimir," the former Beatle tells Putin that he wrote the song Back in the U.S.S.R. in the 1960s, "back when it wasn't fashionable for English people to say nice things about your country."

Quoting the song's line "Gee it's good to be back home," McCartney asks: "Could you make that come true for the Greenpeace prisoners?"

"...It would be great if this misunderstanding could be resolved and the protesters can be home with their families in time for Christmas..." @PaulMcCartney tweeted Thursday. He posted the letter to his website.

THE ASSOCIATED PRESS

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

Among some of the better games released to the App Store last month are an addictive noir mystery, classic pinball based on a classic franchise and an absolute gem of an RPG parody.



CONTRIBUTED

Device 6:

The best slice of interactive fiction to show up on iOS in quite a while, Device 6 puts you in control of Anna after she wakes up in a mysterious castle. As you guide her from room to room, the story and gameplay unfold through text that's creatively written to take advantage of the iPhone's capabilities. The story, the sound design and the puzzles — everything about this game is beautifully polished. (iOS/\$3.99)

Star Wars Pinball 2:

From the developers of Zen Pinball, the first Star Wars tables that came out a few months ago are being complemented by a few new releases. If you've never played a Zen pinball game before, you're missing out on some of the best physics and highest concepts ever used in digital tables.

Purchasing the app gets you one table with the option to buy others. For my money, they don't get better than Starfighter Assault and The Clone Wars. (iOS/\$1.99)

Doom & Destiny:

If you can get over the feeling that you're being gently mocked the entire time, this parody of classic role-playing games that features four friends who somehow get sucked into a fantasy world where everybody is under the impression that they're legendary heroes sent to save a princess ... of course. The controls are tight, the battles are varied and the story plays out like a comedy script, and not just a bunch of in-jokes. However, we're still unsure if the litany of grammar errors are part of the gag or actual sloppiness. (iOS/\$2.99)

Twitter

@metropicks asked: A Moscow subway accepts 30 squats as payment for 1 transit ride. What exercise would you do for free entry onto transit?

@Blondefit : 30 burpees!

@aaronetic: pull ups on the handle bars

@Cazzy: Will twerk for duration of

ride

@keepitbrutal: Piggy backing a stranger through the turnstile.

@thesmiliest: Can't we just smile at them? Squats make my legs hurt.

@CALanuzza: Pick up the leftover Newspaper and some lil garbage... #yyc

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Cronenberg

Have you ever wondered what a Mugwump looks like up close? How about the telepod that transformed Jeff Goldblum from man to insect? If you are a fan of *Naked Lunch*, *The Fly* or of David Cronenberg in general, you'll want to make like the Reel Guys and head to the TIFF Bell Lightbox in Toronto to check out an elaborate and comprehensive exhibit detailing the director's storied career. The show runs until Jan. 19, 2014, and presents an unprecedented look into the mind and career of one of our greatest filmmakers. To prime the pump, the Reel Guys suggest some must-see Cronenberg films if you can't make it to the exhibit.

Reel Guys

RICHARD CROUSE AND MARK BRESLIN



Dead Ringers is a creepy Hitchcockian thriller with Third Reich overtones. CONTRIBUTED

An ode to Cronenberg

Look back. Visionary filmmaker gets his own exhibit in Toronto and the Reel Guys take a walk through his filmography to pick their favourites

Richard: I am an unabashed fan of David Cronenberg. I felt like a kid in a candy store — or should that be an entomologist at a larvae convention? — at the exhibition and I regularly revisit his movies on DVD. One that always gets overlooked is *Spider*, a trip into the mind of a severely mentally disturbed man starring Ralph Fiennes. Fiennes is great in a virtually dialogue

free performance but it is Miranda Richardson as several characters — all the women in *Spider*'s life — who really steals the show. It's a spooky and cerebral thriller.

Mark: *Spider* was never one of my favourites although it does have a great twist ending. My thoughts on the Cronenberg oeuvre — and they're almost all great — is how ahead of his time he's been on our relationship to technology. When *Videodrome* came out, it was dismissed by a lot of critics. Now we live its reality every day. Same with *Existenz*. Both visionary films that prove how far ahead of the curve the director can be. But I think the quintessential Cronenberg film is *Dead Ringers* — a creepy Hitchcockian thriller that has

Third Reich overtones of medical experiments and twins — and also because Cronenberg himself looks like a gynecologist harboring a terrible secret.

RC: I also have a soft spot for *The Brood*. It's probably Cronenberg's most traditional horror film, and I take delight in loving a movie Leonard Maltin rated a "Bomb." Featuring Oliver Reed as an experimental psychotherapist, Samantha Eggar as a fetus-licking mother and murderous psychoplastic offspring, it is the very stuff that nightmares are made of. It's lesser seen than *The Fly* or *Dead Zone* and way more down-and-dirty, but for sheer scares it's hard to beat.

MB: I like the brood but I prefer the *Dead Zone* even

though legend has it that Cronenberg regretted doing a movie with all the incumbent studio interference. Know what? It still works. But Cronenberg will forever be one of my favourite directors if for no other reason than breathing life into *Naked Lunch*. A book I should have loved but could never get through — until I saw the film.

RC: He's audacious. He made an unfilmable book filmable and opened a lot of people's minds to reading author William S. Burroughs.

MB: He did the same thing with *Cosmopolis*, although I must say I didn't need to see *Rabid* to appreciate Marilyn Chambers.

2 SCENE



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MARLBOROUGH MALL ACROSS FROM DOLLARAMA

The new director

Catching Fire finds a new man behind the camera, with Francis Lawrence taking over for Gary Ross. "One of the things that I wanted to make sure of was that there was still an esthetic unity to all of the movies," he says. "I thought Gary did an amazing job with the world-building in The Hunger Games, so we worked with the same production designer to make sure that the Capitol was still built from the same architecture, that District 12 still had the same almost 1930s Appalachia feel."



Why we need Katniss

Elizabeth Banks on the lack of strong female heroes:

What makes The Hunger Games great, to hear Elizabeth Banks explain it, is that Katniss Everdeen is a "badass female protagonist." And the actress who plays her isn't too shabby, either. "Jennifer is an amazing actress who gets amazing roles, and I wish that she gets them always and forever for the rest of her life," says Banks, who co-stars as fancy-pants minder Effie Trinket in the film series.

"I've been doing it a little longer, and I know there are a lot of girlfriend roles out there and a lot of wives and a lot of supporting roles that are less interesting than Katniss."

"I hope that she gets to play Katniss-level roles for ever and ever. They're rare, and I think with this movie, (and) Gravity — I'm so excited to be seeing such amazing, strong female role models in the movies for the 50 per cent of the moviegoers who are ladies."

THE CATCHING FIRE GUIDE

The Hunger Games sequel finds hero Katniss Everdeen back in the arena, competing with ex-winners. Here's what else you need to know.

NED EHRBAR
Metro World News

Talk about a revolution

Donald Sutherland and Jeffrey Wright discuss the movie's politics:

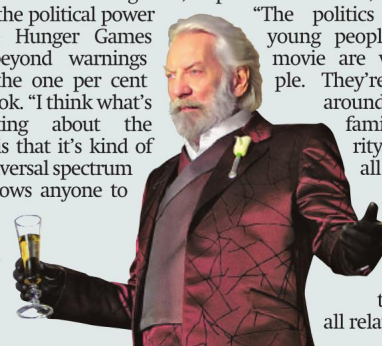
The Hunger Games is entertainment, sure, but there are some interesting political messages buried in there for young audiences. And for Donald Sutherland, who co-stars as the villainous President Snow, that was the real appeal. "It was essential for me personally that I somehow found my way to become a part of this because it more clearly represents the dangers of an oligarchy of the privileged than anything I've seen

for a long, long time," he says.

Jeffrey Wright, who joins the series in Catching Fire, thinks the political power of The Hunger Games goes beyond warnings about the one per cent run amok. "I think what's fascinating about the movie is that it's kind of this universal spectrum that allows anyone to insert themselves into the world

and really express their own perspective and their own politics within it," he says.

"The politics for the young people in the movie are very simple. They're politics around hope, family, security, love and all of these very simple, universal themes that we all relate to."



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Meet the new kids

New face: Finnick Odair (played by Sam Claflin)

Who he is: An attractive and agile former contestant not above using his looks to get what he wants.

Downside of popularity: "As much as there was a fair bit of negativity when I was cast initially, I think now a few people have been turned, and my goal is to obviously turn the world. That's what Finnick's goal is, as well, so I guess that I have that in common with

him," says Claflin. "Approaching a character that is described as some kind of god was kind of tough, to say the very least. I had to go through some huge physical transformations, (including) a shaved chest."



New face: Johanna Mason (played by Jenna Malone)

Who she is: An ax-wielding loose-cannon of a Hunger Games victor with a flair for the dramatic.

What makes her special: "What I thought was so amazing about Johanna Mason is that she doesn't sugar-coat and she is hard

core and truthful and violent and angry, and all of those things are not just cool aspects of her," says Malone.

"I don't really think there's anything that's (just for the sake of being) a badass thing. I think it's actually a survival technique, and I think that's a really interesting thing to talk about for young women; to understand that they can take on tools and personality traits that may not be their own, but they can use them in forms of survival to be able to sort of elevate themselves in the world."



Dystopia: So hot right now

Books, movies and TV shows angling to be the next Hunger Games:

Can't get enough of the dark, foreboding future of The Hunger Games? Well, plenty of authors and filmmakers are hoping so, as there are a number of other properties out there tapping into our current obsession with a bleak future.

Divergent: Both a book series and a forthcoming (presumed) film franchise, this one also has a plucky female protagonist, Tris, in a future world divided up into sections — this time by moral code. You can read the books or wait for the first film, starring Shailene Woodley and Theo James, in March.

Revolution: NBC's series about survivors of a world suddenly gone electricity-free is well into its second season, and even features a young girl who's handy with a crossbow.

The Maze Runner: Think of it as The Hunger Games but



The NBC series Revolution is now in its second season. CONTRIBUTED

without the girl. The boys in the mysterious "glade" contend with monsters and mazes in search of freedom. Again, if reading isn't your thing, there's a movie adaptation out next year.

Proxy: Alex London's novel also takes place in a night-

mare future U.S. of sorts, this time with the Haves employing the debt-laden Have-Nots to suffer their punishments for them as "proxies." And on top of all that, its main proxy protagonist, Syd, is gay. There's a second book due next spring.



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A new poised, mature JLaw? Don't bet your Grubby Paws

Celeb deportment.

The Hunger Games star really meant to be less goofy this time around, but as she tells Metro, it's not working out



NED EHRBAR
ned.ehrbar@metro.lu

I love the haircut.

Thank you. I know, I'm like a cat back from the groomers where I'm so insecure. I need as much positive reinforcement as I can get.

As soon as something went up about your haircut, someone online chimed in with, "It must be a wig."

Yeah, I know. That's just how it works. The most important

thing is to not read it. Jennifer! I'm really good at it. The only time that it does happen is when I'm with friends. I have two friends that are avid Googlers. They basically do what I would do if I didn't have the self-esteem. They're like, "What is everybody saying about Jennifer?" It's sweet; they care.

When my Dior photos came out, I hadn't seen them so they looked them up on whatever website with all these comments, and I saw the comments and I was like, "I can't stop myself!" I started scrolling and it was like, "She's so conceited!" "She's a pig and I hope she dies!"

Never read the comments.

Exactly. I was like, "I'm sorry if I look conceited — I understand — in Dior couture clothes. But I didn't get to keep them. Why would you

Pixie 'do



Jennifer Lawrence on her new haircut

"I know, I'm like a cat back from the groomers where I'm so insecure."

want me to die?" But that's just how the world works. I'm not going to get worked up about it.

Can I tell you the most ridiculous thing I've read about you?
Yes!

There was this inside Hollywood post on Reddit where someone wrote, "Jennifer Lawrence employs a professional joke-writer."

Employs a professional joke-writer? Oh my God, that is my biggest fear with this new (Hunger Games movie), because we're doing (press junkets) again.

Last night I was laying in bed going, "Everybody's obviously going to get sick of it, the goofy, crazy (stuff). It was maybe funny for one season, but if it just continues everybody's going to be like, 'OK, calm down.'"

So I, like, tried to make a conscious effort to be poised and mature this time around. I was like, "I have to change myself."

How's that working out?

It's not. But I just have this thought that everybody's going to think it was perfectly planned. That actually goes into my nightmares. If I had read that, I would've been like, "Oh my God, how do I prove that it's not true?"

But it will exhaust me. I'm so anxious and high-strung, and I'm such a worrier anyway that I've gotten good about making a wall of the things that I can't (deal with). I'm like, "I can't even begin to worry about you right now. I'm already worried about cancer."

I worry about cancer.

Yeah, everybody does. And then worrying gives you cancer. Everything does.

You've been very outspoken



Jennifer Lawrence reprises her role as Katniss Everdeen in *The Hunger Games: Catching Fire*. CONTRIBUTED

about body image issues and negativity.

We need to go easy on each other. And the media is so responsible for it. The worst part is that they pretend they aren't responsible for it. They're like, "It's the real world." Everybody puts that defence up of, "Oh, this is just the way the world works." But what if we said that in the '40s and '50s when black people had to use different bathrooms? "Sorry, welcome to the real world." Until you stand up for something and change it, the world isn't going to change.

Have you ever come up with weird nicknames for parts of your body?

No, I haven't. Should I?

For instance, I've been referred to — affectionately — as Sausage Fingers.

Oh my God! I'm Grubby Paws because I have sausage fingers too! Cool (high-fives)! Can you get liposuction in your fingers? I need to find a surgeon who will do that. My feet are very individual. My giant shoulders, at least they'll protect me.

What's the most inappropriate thing you've done with your Oscar?

I put it in a closet by my bathroom — but only because it made me feel weird to look at it because I was like, "What am I supposed to feel? Am I feeling what I'm supposed to?" It made me over-think in my own house.

And then I didn't want anybody who's coming over (to see it). The last thing I want you ... to be is intimidated. So it's with my parents now. My mom can intimidate people.

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Pratt ponders the pain of parenting

Delivery Man. Actor takes on role of stay-at-home dad in latest film and feels for the moms



NED EHRBAR
Metro World News in Hollywood

Chris Pratt has become something of an incredible growing-and-shrinking machine lately, getting super-buff for *Zero Dark Thirty* and then getting impressively out-of-shape and flabby for his latest, *Delivery Man*, in which he co-stars as Vince Vaughn's pessimistic friend and hapless attorney. And after that, he got into superhero

shape for next year's Marvel spectacle *Guardians of the Galaxy*. It all sounds very painful, but Pratt is OK with you laughing at his pain.

In my opinion, you had all the best lines in the movie.

Oh, thanks. That's nice. It's kind of written that way. The character's really funny.

Vince's character comes from such a hopeful place, but I think maybe the best comedy comes from a place of hopelessness, and that's where my character is at. He's just a despondent, sad, miserable type of guy, and that's where you mine the best comedy. I think to me, that's the ultimate accomplishment in acting, to

be in a place of such utter pain but people find it hilarious. But hopefully not all of my pain is funny. Like the only pain that's funny is the pain that doesn't really hurt. If a brick falls on someone's head and then their brains fall out and they die, you're not going to laugh.

a really great job that brought us out and we bought an apartment in Brooklyn, had one kid, she said, "If you stay home with this kid, I can continue to work and become partner." I was like, "Great, do it. I'm a progressive man, I can handle being a stay-at-home dad." And then next thing you know, four years later we have four kids, the passion's gone, I've gained weight and she's sleeping with one of her partners and she's the major breadwinner. It's the classic story, but the genders are reversed. It's like what so many men since the '50s have been doing to these poor mothers.

It looked like all four of his kids were around the same age.

Yeah, we were busy. There was a whole back-story I had to come up with, where maybe (he and his wife) met in law school or something, she got



Chris Pratt, left, and Vince Vaughn star in *Delivery Man*, which opens next Friday. CONTRIBUTED

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Drama



Kill Your Darlings

Director. John Krokidas

Stars. Daniel Radcliffe, Dane DeHaan

Daniel Radcliffe clearly sheds his Harry Potter cloak by portraying Allen Ginsberg in this true-life story set in the early lives of the beat generation poets. After meeting a rebellious student (rising star Dane DeHaan), Ginsberg is unwittingly dragged into an act of murder that helps shape his life. For fans of the mid-century counterculture movement, *Darlings* will be warmly welcomed but an undistinguished script deflates the dark mythology and its promising cast's performances.

STEVE GOW

Drama



How I Live Now

Director. Kevin MacDonald

Stars. Saoirse Rohan, Tom Holland

Manhattanite Daisy is shuttled off to her relatives' English farm on the eve of a third world war. She bristles against her step-cousins' carefree attitudes, but comes around after falling for eldest Edmond as fighting breaks out. Separated by the army, Daisy and little cousin Piper set out for home in hopes of finding their family. Filled with hauntingly beautiful imagery, director Kevin MacDonald paints a vivid portrait of Daisy and Edmond's blossoming relationship, but fails to flesh out her anxiety issues, key to understanding her personal struggles. **IAN GORMELY**

The best of JFK on film

A wide range of actors have played president John F. Kennedy in the movies and on TV, starting even before his assassination 50 years ago. Here, the most memorable:

THE ASSOCIATED PRESS



Cliff Robertson

PT 109, 1963
Released while Kennedy was still in office, the film starred Robertson as a Navy lieutenant in command of Motor Torpedo Boat PT 109 during the Second World War. JFK selected Robertson after viewing his screen test.



Brett Stimely

Watchman, 2009; Transformers: Dark of the Moon, 2011; Kill the Dictator, 2013; Parkland, 2013
Stimely, who has played Kennedy more than anyone, recalled meeting JFK's niece and sister-in-law, Rory and Ethel Kennedy at the 2012 Sundance HBO party for their doc Ethel. He said, "Ethel thanked me for doing a great job portraying Jack."



Bruce Greenwood

Thirteen Days, 2000
Playing Kennedy during the Cuban missile crisis, Greenwood said he wanted to reflect what might have been JFK's state of mind "and the moment of clarity he had that (Soviet leader Nikita) Khrushchev was as human and terrified of the potential consequences as was Kennedy."



James Marsden

Lee Daniels' The Butler, 2013
Marsden prepared for the role by listening to podcasts of JFK's speeches, and yet getting the Kennedy accent right was "virtually impossible," the actor told Conan O'Brien. "It was a daunting thing stepping into those shoes," he said. After 11 weeks in theatres, the film had made more than \$138 million worldwide.



William Devane

The Missiles of October (ABC movie), 1974
Devane bore a striking resemblance to the president in the television docudrama, which chronicled the Kennedy administration's handling of the Cuban missile crisis. It was loosely based on Attorney General Robert F. Kennedy's book Thirteen Days.



Martin Sheen

Kennedy (NBC miniseries), 1983
Before playing Josiah "Jed" Bartlet, the fictional president on The West Wing, Sheen starred in the five-hour miniseries chronicling JFK's presidency. It aired just two days before the 20th anniversary of the president's assassination. Kelsey Grammar also appeared in it.



Stephen Collins

A Woman Named Jackie (NBC Miniseries), 1991
While recreating Kennedy's inaugural address for this Emmy-winning miniseries, Collins recalled seeing a man who had stopped to watch the filming. "He took off his hat and stared in my direction as if he were seeing a ghost," said Collins.



Patrick Dempsey

J.F.K.: Reckless Youth (ABC movie), 1993
Before saving lives as Dr. Derek "McDreamy" Shepherd on Grey's Anatomy, Dempsey wooed 10.8 million viewers as young Kennedy. The movie looked at JFK's childhood years, his young adulthood and his nomination for Congress.



William Peterson

The Rat Pack (HBO movie), 1998
A dashing Peterson embodied JFK in the film focusing on the famous entertainers' circle, offering a glimpse into JFK and Frank Sinatra's wavering friendship. Ray Liotta starred as Sinatra, Joe Mantegna as Dean Martin, Don Cheadle as Sammy Davis, Jr., Angus Macfadyen as Peter Lawford and Bobby Slayton as Joey Bishop.



Tim Matheson

Jackie Bouvier Kennedy Onassis (CBS miniseries), 2000
Playing JFK in the two-part miniseries, which attracted 10 million viewers, was an honour, said Matheson, but also a challenge to find the real person beneath the glamour. "So it was trying to find those human moments beneath all of the monumental things that he said and did."



Greg Kinnear

The Kennedys (Reelz miniseries), 2011
When the four-time Emmy-winning The Kennedys made its world premiere on REELZ, it brought in record viewership for the cable network, reaching 17.5 million viewers in its first month. Katie Holmes played Jackie Kennedy.



Rob Lowe

Killing Kennedy (National Geographic Channel miniseries), aired Nov. 10, 2013.
While researching JFK for the role, Lowe, a father of two, said he was moved by a recording of Kennedy giving dictation when he's interrupted by John, Jr. "Their conversation together was priceless," said Lowe.

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**Canyon Meadows
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2 Guns (14A) Fri-Thu 1:10-4:15-6:55-9:55
Despicable Me 2 (G) Fri-Thu 1:30-4:20-7:20-9:40
Don Jon (18A) Fri-Thu 1:35-7:30-9:50
Elysium (14A) Fri-Thu 9:55
Enough Said (PG) Fri-Thu 6:50-9:30
Insidious: Chapter 2 (14A) Fri-Thu 9:35
Lee Daniels' The Butler (14A) Fri-Thu 1:05-4:05-6:45-9:35
Percy Jackson: Sea of Monsters (PG) Fri-Thu 1:15-3:45-7:10
Planes (G) Fri-Thu 1:25-4:10-7
Prisoners (14A) Fri-Thu 1:20-4:25-8
Runner Runner (14A) Fri-Thu 3:55-9:40
The Smurfs 2 (G) Fri-Thu 1-3:40
Turbo (G) Fri-Thu 1:20-4-7:15
We're the Millers (14A) Fri-Thu 12:45-3:50-7:05-9:45

**Crowfoot Crossing
91 Crowfoot Terrace**

12 Years a Slave (14A) Fri 12:50-3:50-6:55-10:20 Sat-Sun 12:30-3:45-6:55-10:20 Mon-Thu 1-3:55-6:55-9:55
About Time (14A) Fri 1:15-4:10-7-9:50 Sat-Sun 1:15-4:05-7-9:50 Mon-Tue 1:10-4-6:50-9:50 Wed 4-6:50-9:50 Thu 1:10-4-6:50-9:50 Star & Strollers Screening Wed 1
Captain Phillips (PG) Fri-Sat 1-4-7:05-10:05 Sun 4-7:05-10:05 Mon-Tue 1:05-4:05-7:05-10:05 Wed 1:05-4:05-10:05 Thu 1:05-4:05-7:05-10:05
Cloudy With a Chance of Meatballs 2 (G) Fri 1:45-5-7:40 Sat-Sun 2:35-5-7:40 Mon-Tue 1:45-5-7:20 Wed-Thu 1:45-5
Ender's Game (PG) Fri-Sun 1:35-4:25-7:20-10 Mon-Tue 1:35-4:25-7:15-10 Wed 1:35-4:25-7:15-10:25 Thu 1:35-4:25-7:15-10
Escape Plan (14A) Fri-Sun 10:10 Mon-

Wed 9:40
An Evening With Crystal Pite (STC) Sun 12:55
Free Birds (G) Fri 2:25 Sat-Sun 1:10 Mon-Thu 2:25
Free Birds 3D (G) Fri 5:40-8-10:15 Sat-Sun 3:25-5:40-8-10:15 Mon-Thu 5:40-7:55-10:10
Gravity 3D (PG) Fri 2:15-5:10-7:30-9:45 Sat-Sun 12:40-2:55-5:10-7:30-9:45 Mon-Thu 2:15-5:10-7:25-9:40
The Hunger Games: Catching Fire (PG) No Passes Wed 7-7:15 No Passes Thu 8-8:15
Jackass Presents: Bad Grandpa (14A) Fri 2:35-5:30-8:10-10:25 Sat-Sun 12:55-3:15-5:30-8:10-10:25 Mon-Wed 2:35-5:30-8:05-10:20 Thu 2:35-4:50-10:20
Last Vegas (PG) Fri 1:55-5:20-7:55-10:30 Sat-Sun 12:25-2:50-5:20-7:55-10:30 Mon-Tue 2:05-5:15-7:45-10:15 Wed 1:30-4:20-7:45-10:15 Thu 2:05-5:15-7:45-10:15
Out of Africa (STC) Thu 7
Thor: The Dark World (PG) No Passes Fri 12:45-3:40 No Passes Sat-Sun 12:45-3:35 No Passes Mon-Tue 1-3:45 No Passes Wed 3:45 No Passes Thu 1-3:45 Star & Strollers Screening, No Passes Wed 1
Thor: The Dark World 3D (PG) No Passes Fri-Sun 1:25-4:15-6:25-7:10-9:15-9:55 No Passes Mon-Wed 1:20-4:15-6:30-7-9:15-9:45 No Passes Thu 1:20-4:15-6:30-9:15 No Passes Fri-Sun 2:05-4:55-7:45-10:35 No Passes Mon-Thu 1:55-4:45-7:35-10:20

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About Time (14A) Fri 6:50-9:40 Sat-Sun 12:50-3:40-6:50-9:40 Mon-Thu 5:50-8:40
All Is Lost (PG) Fri 6:40-9:10 Sat-Sun 12:40-3:20-6:40-9:10 Mon-Thu 5:40-8:10
The Amazing Spider-Man (PG) Sat 9:45
Captain Phillips (PG) Fri 6:30-9:30 Sat-

Sun 12:30-3:30-6:30-9:30 Mon 8:30 Tue 5:30-8:30 Wed 8:30 Thu 5:30-8:30
Gravity 3D (PG) Fri 7-9:20 Sat-Sun 1:30-4:10-7-9:20 Mon 6:10 Tue 6:10-8:20 Wed 6:10 Thu 6:10-8:20
Hotel Transylvania 3D (PG) Sat 10
The Hunger Games: Catching Fire (PG) No Passes Thu 8
Last Vegas (PG) Fri 6:20-9 Sat-Sun 1:20-3:50-6:20-9 Mon-Wed 6:20-8:50
Men in Black 3 (PG) Sat 9
The Pirates! Band of Misfits (G) Sat 9:15
The Smurfs (G) Sat 9:30
Thor: The Dark World 3D (PG) No Passes Fri 7:10-9:50 No Passes Sat-Sun 1-4-7:10-9:50 No Passes Mon-Thu 6-9

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12 Years a Slave (14A) SR Dolby Digital, Stadium Seating Fri-Sun 12:05-3:20-6:40-9:55 SR Dolby Digital, Stadium Seating Mon-Thu 3:20-6:40-9:55
About Time (14A) No Passes, Stadium Seating, SR Dolby Digital Fri-Sun 12:50-4:10-7:15-10:15 No Passes, Stadium Seating, SR Dolby Digital Mon-Thu 4:10-7:15-10:15
Bhaji in Problem (STC) SR Dolby Digital, Stadium Seating, Sub-Titled Fri-Sun 12-3:10-6:15-9:20 SR Dolby Digital, Stadium Seating, Sub-Titled Mon-Thu 3:10-6:15-9:20
Captain Phillips (PG) SR Dolby Digital, Stadium Seating Fri-Sun 12:10-3:25-6:45-9:55 SR Dolby Digital, Stadium Seating Mon 3:25 SR Dolby Digital, Stadium Seating Tue 3:25-6:45-9:55 SR Dolby Digital, Stadium Seating Wed 3:25-9:50 SR Dolby Digital, Stadium Seating Thu 3:25-6:50
Cloudy With a Chance of Meatballs 2 (G) SR Dolby Digital, Stadium Seating Fri-Sun 12:20-3:40-7:10 SR Dolby Digital, Stadium

Seating Mon-Wed 3:40-7:10 SR Dolby Digital, Stadium Seating Thu 3:40
The Counselor (14A) SR Dolby Digital, Stadium Seating Fri-Thu 10:10
Delivery Man (STC) SR Dolby Digital, Stadium Seating Thu 10
Ender's Game (PG) SR Dolby Digital, Stadium Seating Fri-Sun 12:45-3:45-6:50-9:50 SR Dolby Digital, Stadium Seating Mon-Thu 3:45-6:50-9:50
Free Birds (G) SR Dolby Digital, Stadium Seating Fri-Sun 1-7 SR Dolby Digital, Stadium Seating Mon-Thu 7
Free Birds 3D (G) SR Dolby Digital, Stadium Seating Fri-Thu 4-10
Gravity (PG) SR Dolby Digital, Stadium Seating Fri-Sun 1-7 SR Dolby Digital, Stadium Seating Mon-Thu 7
Gravity 3D (PG) SR Dolby Digital, Stadium Seating Fri-Thu 4-10
The Hunger Games: Catching Fire (PG) No Passes, SR Dolby Digital, Stadium Seating Thu 8:15-9
The Hunger Games: Catching Fire — The IMAX Experience (PG) SR Dolby Digital, Stadium Seating, No Passes Thu 8
Jackass Presents: Bad Grandpa (14A) SR Dolby Digital, Stadium Seating Fri-Sun 12:40-3:40-6:15-9:30 SR Dolby Digital, Stadium Seating Mon-Thu 3:40-6:15-9:30
Krrish 3 (PG) SR Dolby Digital, Stadium Seating Fri-Sun 2:45-6:15-9:45 SR Dolby Digital, Stadium Seating Mon-Thu 6:15-9:45
Last Vegas (PG) SR Dolby Digital, Stadium Seating Fri-Sun 12:25-3:10-6-9:10 SR Dolby Digital, Stadium Seating Mon-Thu 3:10-6-9:10
Ram-Leela (STC) SR Dolby Digital, Stadium Seating, Sub-Titled Fri-Sun 1:20-6-9:30 SR Dolby Digital, Stadium Seating, Sub-Titled Mon-Thu 6-9:30
Rush Clockwork Angels Tour (G) SR Dolby Digital, Stadium Seating Mon 7:30

Thor: The Dark World (PG) No Passes, SR Dolby Digital, Stadium Seating Fri-Sun 12:35-3:45-6:50-9:50 No Passes, SR Dolby Digital, Stadium Seating Mon-Tue 3:45-6:50-9:50 No Passes, SR Dolby Digital, Stadium Seating Wed 3:45-6:50-10:10 No Passes, SR Dolby Digital, Stadium Seating Thu 3:45-7-10:10
Thor: The Dark World — An IMAX 3D Experience (PG) Stadium Seating, SR Dolby Digital, No Passes Fri-Sun 12:10-3:10-6:10-9:15 Stadium Seating, SR Dolby Digital, No Passes Mon-Wed 3:10-6:10-9:15 Stadium Seating, SR Dolby Digital, No Passes Thu 3:10
Thor: The Dark World 3D (PG) SR Dolby Digital, Stadium Seating, No Passes Fri-Sun 12:25-1:05-3:30-4:15-6:35-7:15-9:40-10:15 SR Dolby Digital, Stadium Seating, No Passes Mon-Thu 3:30-4:15-6:35-7:15-9:40-10:15

**Empire Studio 10
MacLeod Trail
100-16061 MacLeod Trail**

12 Years a Slave (14A) Digital Presentation, Stadium Seating Fri-Thu 12:10-3:20-6:40-9:45
Captain Phillips (PG) Digital Presentation, Stadium Seating Fri-Wed 12:20-3:45-6:50-10:15 Digital Presentation, Stadium Seating Thu 12:20-3:45-6:50
Delivery Man (STC) Digital Presentation, Stadium Seating Thu 10
Ender's Game (PG) Digital Presentation, Stadium Seating Fri-Thu 1:15-4:10-7:20-10:10
Free Birds (G) Digital Presentation, Stadium Seating Fri-Thu 1:30-6:50
Free Birds 3D (G) Digital Presentation, Stadium Seating Fri-Thu 4:30-9:20
Gravity (PG) Digital Presentation, Stadium Seating Fri-Wed 12:45-3:10-6:20-

9:10 Digital Presentation, Stadium Seating Thu 12:45-3:10
The Hunger Games: Catching Fire (PG) Digital Presentation, Stadium Seating Thu 8:30 Digital Presentation, Stadium Seating Thu 8
Jackass Presents: Bad Grandpa (14A) Digital Presentation, Stadium Seating Fri-Thu 2-4:45-7:50-10:25
Last Vegas (PG) Digital Presentation, Stadium Seating Fri-Thu 1:45-4:20-7:40-10:20
Thor: The Dark World (PG) Digital Presentation, Stadium Seating Fri-Wed 3-9:30 Digital Presentation, Stadium Seating Thu 12-3-6:30-9:30 Digital Presentation, Stadium Seating Fri 12-3-6:30-10
Thor: The Dark World 3D (PG) Digital Presentation, Stadium Seating Fri-Wed 1-4-7:30-10:30 Digital Presentation, Stadium Seating Thu 12:30-1:30-3:30-4-7:30-10-10:30 Digital Presentation, Stadium Seating Sat-Wed 12-3:30-6:30-10

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12 Years a Slave (14A) Fri-Thu 12:45-4-7:15-10:20
About Time (14A) Fri-Wed 12:35-3:45-7:25-10:25 Thu 3:45-7:25-10:25 Star & Strollers Screening Thu 1
Captain Phillips (PG) Fri-Sun 12:20-3:40-6:50-10:15 Mon 12:20-3:40-7-10:15 Tue-Thu 12:20-3:40-6:50-10:15
Carrie (14A) Fri-Thu 9:30
Cloudy With a Chance of Meatballs 2 (G) Fri-Wed 12 Thu 1
Cloudy With a Chance of Meatballs 2 3D (G) Fri-Wed 3-6:45 Thu 4
The Counselor (14A) Fri-Sun 1:15-4:20-7:10-10:05 Mon 1:15-4:05-10:30 Tue 1:15-4:20-7:10-10:05 Wed 1:15-4:20 Thu 12:45-3:30-6:30

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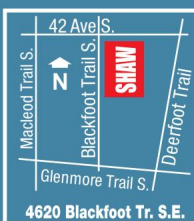
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 Ender's Game: The IMAX Experience (PG) Fri-Thu 12:30
 Escape Plan (14A) Fri 1:25-4:15-7:20-10:10 Sat-Sun 4:15-7:20-10:10 Mon 1:35-4:15-7:20-10:10 Tue 1:25-4:15-7:20-10:10 Wed 12:15-3:20 Thu 1-4:15
 An Evening With Crystal Pite (STC) Sun 12:55
 Free Birds (G) Fri 12:10-2:25-4:55 Sat 12:15-2:25-4:55 Sun 12:10-2:25-4:55 Mon-Thu 12:10-2:25-5
 Free Birds 3D (G) Fri-Sun 1:31-5:40-7:50-10 Mon-Tue 1-4-7:25-9:45 Wed 1-4 Thu 1-4-7:25-9:45
 Gravity 3D (PG) Fri-Sun 12:50-3:10-5:30-7:05-7:50-9:40-10:20 Mon-Wed 12:50-4-6:45-7:30-9:50-10:30 Thu 12:50-4-6:45-9:50
 The Hunger Games: Catching Fire (PG) No Passes Thu 9 No Passes Thu 8-10
 The Hunger Games: Catching Fire — The IMAX Experience (PG) No Passes Thu 8
 Jackass Presents: Bad Grandpa (14A) Fri 1-3:20-5:40-8-10:35 Sat 1-4:15-7:30-10:35 Sun 1-3:20-5:40-8-10:35 Mon-Tue 1-3:55-7:45-10:25 Wed 1-3:30-7:45-10:20 Thu 2-5-7:45-10:25
 Last Vegas (PG) Fri-Sun 12:15-2:50-5:25-8:05-10:45 Mon-Thu 12:15-3:30-7:30-10 The Metropolitan Opera: Eugene Onegin - Encore (STC) Sat 10:55
 Out of Africa (STC) Thu 7
 Rush Clockwork Angels Tour (G) Mon 7:30
 Thor: The Dark World (PG) No Passes Fri-Sun 12:30-3:20-6:40-9:30 No Passes Mon-Tue 1-5:30-9 No Passes Wed 1-5:30-



Thor: The Dark World CONTRIBUTED

6:40-9-10 No Passes Thu 5:30-9
 Thor: The Dark World — An IMAX 3D Experience (PG) No Passes Fri-Wed 3:50-7-9:45 No Passes Thu 3:50
 Thor: The Dark World 3D (PG) No Passes Thu 1:30-4:20-7:15-10:10 No Passes Fri-Sun 11:45-2:30-5:20-8:10-11
 No Passes Mon-Tue 12:30-3:20-6:40-9:30 No Passes Wed 12:30-3:20 No Passes Thu 12:30-3:20-6:40 No Passes Fri-Sun 11:15-2-4:50-7:40-10:30 No Passes Mon-Wed 2-4:50-7:40-10:30 No Passes Thu 2-4:50

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How I Live Now (14A) Fri 9 Sat 4:30-9 Sun 8 Mon-Wed 9 Thu 9:15
 Watermark (PG) Fri-Sat 7 Sun 1:30-6:15 Mon-Wed 7

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Bhaji in Problem (STC) Fri-Sat 12:25-3:20-6:55-10 Sun-Thu 12:05-3:20-6:55-10
 Captain Phillips (PG) Fri-Sat 12:05-3:10-6:20-9:30 Sun-Wed 12:30-3:30-6:30-9:30 Thu 12:30-3:30-6:30
 Cloudy With a Chance of Meatballs 2 (G)

Fri-Sun 1:20-3:50-6:30 Mon 1:20-3:50 Tue-Wed 1:20-3:50-6:30 Thu 1:20-3:50
 Delivery Man (STC) Thu 9:30
 Ender's Game (PG) Fri-Sat 12:40-3:25-7:30-10:20 Sun-Thu 12:40-3:25-6:25-10:05
 Escape Plan (14A) Fri-Sat 9 Sun 10:25 Tue-Wed 10:25
 Free Birds (G) Fri-Thu 1:15-3:40
 Free Birds 3D (G) Fri-Thu 6:40-9:10
 Frozen 3D (STC) Thu 7
 Gravity 3D (PG) Fri-Sat 1:40-4:25-7-9:25 Sun-Thu 12:10-3:15-7-9:25
 The Hunger Games: Catching Fire (PG) No Passes Thu 8 No Passes Thu 8
 Jackass Presents: Bad Grandpa (14A) Fri-Sat 12:10-2:30-4:50-7:50-10:25 Sun-Thu

1:25-4:15-6:50-10:15
 Krish 3 (PG) Fri-Sat 12:45-4:10-8 Sun-Thu 12:45-4:10-7:30
 Last Vegas (PG) Fri-Sat 12:55-3:45-7:15-9:55 Sun-Tue 12:55-3:50-7:15-9:55 Wed 3:50-7:15-9:55 Thu 12:55-3:50-7:15-9:55
 Star & Strollers Screening Wed 1
 Ram-Leela (STC) Fri-Sat 12:15-4:15-8:10 Sun-Thu 12:35-4:05-7:35
 Rush Clockwork Angels Tour (G) Mon 7:30
 Thor: The Dark World (PG) No Passes Fri-Sat 12-3-6:15-9:15 No Passes Sun 12:05-3-6:15-9:15 No Passes Mon-Tue 12-3-6:15-9:15 No Passes Wed 6:15-9:15 No Passes Thu 12-3-6:15-9:15 Star & Strollers

Screening, No Passes Wed 1
 Thor: The Dark World 3D (PG) No Passes Fri-Tue 12:30-3:30-6:45-9:45 No Passes Wed 12:30-3:30 No Passes Thu 12:30-3:30-9:45 No Passes Fri-Thu 1-4-7:10-10:10 No Passes Fri-Wed 1:30-4:30-7:40-10:35 No Passes Thu 1:30-4:30

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About Time (14A) Fri-Sun 12:35-4-7:15-10:15 Mon-Thu 5:45-8:40
 The Amazing Spider-Man (PG) Sat 9:45
 Captain Phillips (PG) Fri-Sun 12:25-3:30-6:40-9:50 Mon-Thu 5:35-8:45
 Ender's Game (PG) Fri-Sun 12:50-3:40-7:55 Mon-Thu 5:40-8:30
 Free Birds (G) Fri-Sun 12:35 Mon-Thu 5:50
 Free Birds 3D (G) Fri-Sun 2:50-5:05-7:25-9:45 Mon-Thu 8:05
 Gravity 3D (PG) Fri-Sun 12:45-3:25-7:20-10:05 Mon-Thu 5:55-8:15
 Hotel Transylvania 3D (PG) Sat 10
 The Hunger Games: Catching Fire (PG) No Passes Wed 7 No Passes Thu 8
 Jackass Presents: Bad Grandpa (14A) Fri-Sun 1:05-3:35-7:30-10:10 Tue 5:40-9:05 Wed 9:05 Thu 5:40-9:05
 Last Vegas (PG) Fri-Sun 1:15-3:50-6:50-9:35 Mon-Tue 6:05-9 Wed 6:05 Thu 6:05-9
 Men in Black 3 (PG) Sat 9
 The Metropolitan Opera: Eugene Onegin - Encore (STC) Mon 6:30
 The Pirates! Band of Misfits (G) Sat 9:15
 The Smurfs (G) Sat 9:30
 Thor: The Dark World (PG) No Passes Fri-Sun 1-4:10 No Passes Mon-Thu 6
 Thor: The Dark World 3D (PG) No Passes Fri-Sat 12:30-1:30-3:20-4:20-6:30-7:10-7:35-9:30-10-10:30 No Passes Sun 12:30-1:30-3:20-4:20-6:30-7:10-7:35-9:30-10 No Passes Mon-Wed 5:30-6:15-8:30-8:50-9:05 No Passes Thu 5:30-8:30-8:50

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Meanwhile in Europe



SOUND CHECK
Alan Cross
scene@metronews.ca

A polished-up formerly-lost Peter Gabriel track, lots of talented banging from Rakede and the Russian Police Choir's Daft Punk cover

Courage

Courage/Peter Gabriel

While this formerly lost track turned up on the 25th anniversary reissue of the So album last year, it's now been refurbished, added to and remixed. Welcome back to 1986



Bitte Bitte/Rakede

A totally acoustic performance involving a German band, six beer bottles and lots of banging on a wooden table. The best bit comes when one guy sucks in some helium for his vocal part at about the 1:04 mark.



Get Lucky/Russian Police Choir

A rehearsal for a Kremlin concert features a Daft Punk song and was posted on YouTube. They win the Internet this week.

The Beatles. CBS to run 50th anniversary special for band's U.S. milestone



Ed Sullivan, center, stands with The Beatles during a rehearsal for the British group's first American appearance. AP PHOTO

CBS is planning a two-hour special to mark the 50th anniversary of the Beatles' groundbreaking first appearance on The Ed Sullivan Show.

The Feb. 9 special will be billed as a Grammy Awards salute to the Beatles. It will be recorded the day after the Grammys are held two weeks earlier. Top contemporary artists will cover

songs the Beatles performed on Sullivan, a historic night in music that launched Beatlemania in the United States.

The special will be aired 50 years to the day the Beatles appeared on Sullivan, in the same time slot and on the same network.

No participating artists were announced Thursday. **THE ASSOCIATED PRESS**

Video Game Review

Knack

System. PS4

Rated. Everyone 10+

The first game for the new PlayStation 4, Knack is a hero who changes size as he absorbs rocks, crystals, and other materials around him. This keeps you on your toes, always adapting for when he's nimble-yet-weak as a little guy, or capable of Godzilla-like rampages when he's a giant. Crystals make him stealthy, but ice will melt him in sunlight, and each transformation is a chance to show off the PS4's vibrant, graphics. The family-friendly characters could use more charm, but the game is clever and rewarding. **KRIS ABEL/METRO**



Everything Graham's into.

Graham Sucha, Reveal contest winner.



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Everything Jennifer's into.

Jennifer Brown, Reveal contest winner.



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1500 or Nothin' will be instrumental to the success of Ross' new album

Mastermind.

Controversial Miami rapper is bringing in his hand-picked band to set the mood for his latest offering

CHRIS JORDAN
Metro World News in NYC

Since 2006, Rick Ross has been instrumental in bringing attention to rappers like Wale, Omarion and Meek Mill with his Maybach Music Group. But for his next album, Mastermind due out Dec. 17, Ross will be instrumental in bringing something different to his own tracks: instruments.

"We've been in the studio with Jay Z over the summer," Ross says. "The studio conversation that came up was it was

most definitely time to end the two tracks."

By "two tracks" he means laying one vocal track over another track of prerecorded beats. For Mastermind, he's increased the number of tracks by 1,500. Well, sort of. His backing band, dubbed 1500 or Nothin', is a collective of producers, players and artists who have worked with some of hip-hop's heaviest hitters.

Ross says he travelled more than 1,500 miles to find his new live backing band.

"I was looking for a band pretty much over the last year," Ross says. "I had been looking, of course, in Miami, and in New Orleans I saw a lot of great talent, but the best was this band."

The L.A.-based 1500 or Nothin' includes keyboardists Larrance Dopson and Lamar "Mars" Edward, guitarist Charles "Uncle Chucc" Hamilton, drummer Brody Brown and songwriting ace

The price of Ross' fame

Drama. Ross has had his share of drama. He's been in the middle of lawsuits, arrests and beat downs, and he was possibly the target of a drive-by shooting in Florida earlier this year. As his profile has risen, so has attention to his rhymes. In the spring, he made a reference to date rape on a track. A furor ensued and

he was dropped as a spokesman for Reebok. Ross was apologetic after the flare-up. "To the young men who listen to my music, please know that using a substance to rob a woman of her right to make a choice is not only a crime, it's wrong and I do not encourage it," the rapper said in a statement.

James Fauntleroy. The members have worked with Jay Z, Kanye West, Snoop Dogg, Keyshia Cole, Chris Brown and Justin Timberlake. The 1500 or Nothin' lineup will expand from eight to 12 players for the live shows, Ross says. "Not only is it the music," he says. "It's about the mood."

Why the sudden change of style for the Miami rapper?

"On my first five albums, I pretty much stayed away from

the live element," Ross says. "I kept it gritty; I kept it dirty; I kept it street. It's time for that next level."

Though 1500 or Nothin' do not appear on No Games, the lead-off single from Mastermind, they are coming on tour with him.

"It's most definitely a lot more work, most definitely a lot more time," Ross says of working with so many musicians, "but it's something I



Rick Ross is embracing a new sound new album Mastermind. GETTY IMAGE

feel my fans deserve."

He says having a band backing him has changed his perspective on the live

experience. "I'm in between the crowd and the band," he says. "It's a feeling I can't wait for."

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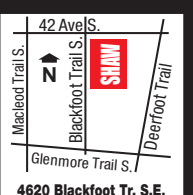


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The who's who of the Marvel TV deal

Last week, Netflix announced that they will be developing four new series based on iconic, yet lesser-known characters from Marvel's repertoire of superheroes, and this week, they've announced some of the big writers behind the scripts. Daredevil, Jessica Jones, Iron Fist and Luke Cage series will begin streaming on the site in 2015. The four will also be featured in a Netflix-exclusive miniseries called *The Defenders*, which is about a team of unlikely heroes who are willing to sacrifice themselves for the greater good. Here's what you need to know about these four superheroes:

MICHELLE CASTILLO
Metro World News

Daredevil

Why him? The New York City lawyer lost his sight when a radioactive substance fell on him. Now, he goes around fighting crime utilizing his supernatural radar abilities, proving justice is truly blind.

Best part of comic: When Frank Miller took his turn at penning the crusades of the blind hero, he contributed most of the iconic parts of the series. We learned that Daredevil was trained by a ninja clan known as the Chaste. But it didn't bode well for him that he fell in love with Elektra, a ninja assassin trained by rival ninja clan the Hand. Cabin in the Woods co-writer Drew Goddard is now behind the series.



Luke Cage



Why him? Due to illegal prison experiments that were done to Luke Cage when he was wrongly convicted, he's got superhuman strength, unbeatable stamina and skin so thick that it's nearly impossible to hurt him. This black superhero was rumoured to get his own film, but it seems like Marvel will be testing out his popularity through the Netflix model.

Best part of comic: Cage is an entrepreneur and is known for starting the Heroes for Hire business, where you can pay a fee to have a superhero solve your problems. He knows how to be a team player and has worked with Iron Fist, Daredevil and Jessica Jones (more on that later). He was also a member of the New Avengers and led the Heroic Age Thunderbolts.

Iron Fist

Why him? Through his martial arts studies, he was able to obtain dragon Shou-Lao's superhuman energy. This gave him strength, speed, stamina, durability, agility reflexes and senses — plus ninja sensibilities. He's mastered his chi, so he can heal himself or others and has limited telepathic abilities.

Best part of comic: The martial arts hero has been able to defeat many opponents, including Sabretooth, Master Khan, the Steel Serpent and death itself. Part of his motivation comes from the fact that his parents gave up their lives to save his as they searched for the city of K'un L'un, which is inhabited by aliens from another dimension.



Jessica Jones

Why her? A freak accident with radioactive chemicals killed her family while she was in high school, but also left her with limited flight and invulnerability powers and super strength.

Best part of comic: She's gone by several names, including Jewel, Knightress and Power Woman, but she's best when she's working as an investigative journalist or detective. Oh, yeah, she's also Luke Cage's leading lady. Melissa Rosenberg, screenwriter for *The Twilight Saga*, is writing this one.



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Take notice that on the 7th day of March, 2014 at 10:45 a.m., at Calgary Family Court, Courtroom #821, 601 – 5th Street SW, Calgary, Alberta, a Judicial Dispute Resolution will take place.

Take notice that on the 30th day of April, 2014 at 9:30 a.m., at Calgary Family Court, Courtroom #1205, 601 – 5th Street SW, Calgary, Alberta, a Pre-Trial Conference will take place.

Take notice that on the 16th, 17th, 18th, 19th, 23rd, 24th, and 25th days of June, 2014 at 9:30 a.m., at Calgary Family Court, Courtroom #1206, 601 – 5th Street SW, Calgary, Alberta, a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Permanent Guardianship Order** of your child born on **July 2, 1999**. If you wish to speak to this matter in court, you **MUST** appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Diane Charlebois; Jackie Ellice; Daniella Eggink
Calgary and Area Child and Family Services Authority
Phone: (403) 297-2978

Mac Miller soaks up critical respect, sets off on Canada-wide tour

Hitting the road. On Wednesday, the rapper began a Canadian tour in Vancouver that will also pass through Calgary, Montreal, Toronto, Halifax and St. John's, N.L.

Before he was even old enough to legally sip a beer in his native U.S., rapper Mac Miller had topped the American album chart and tossed off four gold or platinum singles. When he finally did turn 21, he released a second Top 3 album, one which awarded the once-dismissed MC with a rapidly rehabilitated critical reputation.

So sometimes it's easy to lose sight of just how young Miller is. Even the rapper himself does it.

"I always forget that I'm 21. I always be feeling that I'm 45 years old," the cheerful Pittsburgh native said in a telephone interview this week.

"It's funny. I'll be sitting around thinking I'm running out of time — like man, I'm going to be an old rapper soon. (Damn) I'm getting old. Then I'm like, oh, this person didn't put out an album till they were 28? Never mind. We're good."

"Every time I hang out with (L.A. rapper Schoolboy) Q, I real-

ize how much time I have because Q is old as (hell)," Miller continued, in fact using a more colourful word. "He just turned 28 and I keep on telling him that he's going to have to retire soon. He'll have like one album maybe and maybe another one — if he can get it done quickly."

As guileless and gregarious as Miller comes across during a breezy telephone chat, this was in fact a year in which he started to prove his maturity.

His independently released 2011 debut *Blue Slide Park* topped the U.S. charts and went gold in Canada but turned off many critics who wrote the youngster off as an opportunistic frat-rapper. A particularly scathing one-out-of-10 review in influential website Pitchfork sized Miller up as a "more intolerable version of Wiz Khalifa without the chops, desire or pocketbook for enjoyable beats."

Given such scornful notices, it's fair to say that his sophomore effort — this summer's *Watching Movies With the Sound Off* — arrived as something of a minor revelation. Over appealingly blurry soundscapes, many of which were produced by Miller himself, an emerging talent on the boards, he churns out narcotic musings and melancholic confessions while trading jabs with some of rap's emerging lyrical heavyweights — Earl Sweatshirt, Jay Electronica, School-

boy Q and Action Bronson.

On Wednesday, he began a Canadian tour in Vancouver that will also hit Calgary, Montreal, Toronto, Halifax and St. John's, N.L. And, with his

newfound critical success, he embarks on the trek in a positive mindset.

"It was great to just, like, really have a firm belief in what I was doing and stand

by it and fight for it and just kind of trust my own creative thought process, and then have it work out in both reception, quality wise, and also commercial success wise," he

says. "It's not necessarily about the numbers but it was great to me that an album like that could sell, and especially on an independent label."

THE CANADIAN PRESS



Rapper Mac Miller performs during the Bonnaroo Music Festival.

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It's getting Hot in Herre, just like Chung's career

It. British model, TV host and 'it girl' talks about her road to success and her new book

It's easy to know when you're an "it girl," says British model, TV host and girl about town Alexa Chung. Photographers snap at you on the street, designers throw clothes at you and party invitations flow faster than champagne. She's not quite sure, though, how to become one, or even what It is.

"It sort of applies to anyone young, having fun and wearing clothes," she said in a recent interview. She added, "I didn't pursue that title. It's not a career must for me. When I was a teenager, I didn't grow up and say, 'I'm going to be an it girl.' ... I didn't have a famous father or I wasn't being supported by a huge trust fund, so all the things I associate with that title weren't at my disposal."

But the now 30-year-old started down that path when she was signed as a model as a teenager. She traces her journey to her place behind the velvet

ropes in the new book *It* (Penguin Books), which isn't quite an autobiography but not a how-to book, either.

She muses about things such as Annie Hall's style, Jeremy Iron's floppy hair, a fascination with rock star girlfriends, and underwear, "the last thing I upgraded when my wardrobe began to flourish."

She lists Julie Christie, Mia Farrow, Snow White and Winona Ryder in *Heathers* as people with good hair; and "everyone in the years 1980 to 89" as people with bad hair.

In person, Chung comes across as candid and approachable — she acknowledges she's challenged by money management, for example — but also confident. In her spare time, you'll find her at the karaoke bar, probably singing Nelly's *Hot in Herre*.

On a daily basis, though, she's not all that concerned about dressing up. When it comes to a big fashion event, such as the Metropolitan Museum of Art's annual Costume Institute gala in New York or a designer-hosted dinner during runway season, she said, "I try to look OK." **THE ASSOCIATED PRESS**

About Alexa Chung

- Her current gig as a co-host of the music-centric show *Fuse News* on Fuse TV is the one thing that gives her a regular schedule and has relocated her to New York.
- She has served as a contributing editor to *British Vogue*, collaborated on designs for Madewell and is a front-row fixture at fashion weeks in New York, London and Paris. She had been interested in a book deal for a while, although she first envisioned it as a photography book.



Alexa Chung is quite the "it girl." THE ASSOCIATED PRESS

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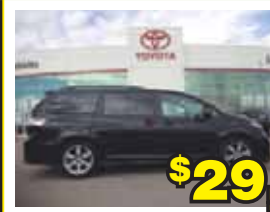


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Katy Perry plans for American Music Awards

Unconditionally.

The title of Perry's favourite song off her album *Prism*, which sold 285,800 copies

Katy Perry is on a four-week journey that snakes around the world, including stops in Amsterdam, Australia and Japan. She's got Germany to go before crossing the Atlantic Ocean to Miami. And then it's across the continent to Los Angeles.

"I am probably not going to be able to tell you what day of the week it is or what time it is because I will have lived in so many different time zones," Perry said.

She's got one date memorized: Nov. 24. That's when the 29-year-old pop star will open the American Music Awards with her new single, *Unconditionally*.

Her performance was announced Wednesday, along with appearances by Jennifer Lopez in tribute to Celia Cruz and TLC, and the pop star

Quoted

"Let's just say it's a beautiful narrative that I learned about upon my travels, actually while I was in Japan. How about that?"

Katy Perry
On her upcoming performance at the American Music Awards

said in a phone interview she plans to step it up in what she believes is her first chance to open an awards show.

"You take that into consideration, that you are kind of like setting the tone for everyone in the evening, so you always bring out the big guns in the beginning," Perry said, later adding: "I always seem to be flying in on something or coming out of something. I like to entertain the kids, I really do."

Perry, Lopez and TLC, which will feature an unannounced guest, will be joined in performance by many of the year's top stars,

including Justin Timberlake, Lady Gaga, Miley Cyrus, Luke Bryan and One Direction. Pitbull will host the show, to air live from Los Angeles on ABC.

Perry says *Unconditionally* is her favourite song from her new album, *Prism*, which opened at No. 1 on the Billboard 200 chart three weeks ago with 285,800 copies sold. So far this year, she's boxed under New York's Brooklyn Bridge on MTV's Video Music Awards, and she became a human maypole on the network's European Music Awards last Sunday.

She didn't want to give away too much about the performance, but the song is about unconditional love and not really geared to pyrotechnics.

"Let's just say it's a beautiful narrative that I learned about upon my travels, actually - while I was in Japan. How about that?" Perry said. "That would probably give you some insight into the stylings, I guess, of this performance coming up."

THE ASSOCIATED PRESS



Katy Perry plans something special as she opens American Music Awards with *Unconditionally*. GETTY IMAGES



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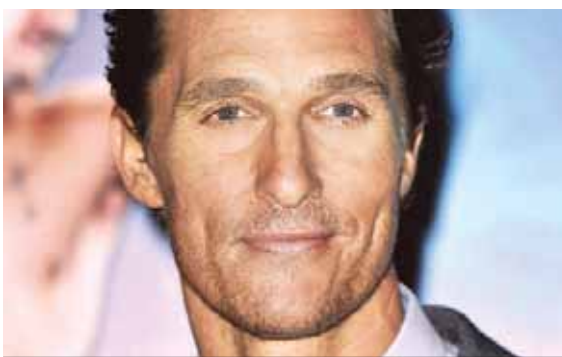
PAT HEALY
Metro World News

Alec Baldwin can sleep easier at night knowing his stalker is behind bars.

On Thursday, a New York City judge found Canadian actress Genevieve Sabourin, 41, guilty of stalking, attempted aggravated harassment, harassment and attempted contempt of court. She was sentenced to six months in jail.

The trial was dramatic, even by New York City

standards. The two did seem to have some history: Baldwin admitted on the stand he had dinner with Sabourin three years ago at an Upper East Side restaurant but said it was to give her "career advice." She claims that afterwards, the two had sex and then "cuddled," which the 30 Rock actor denies (both the sex and cuddling). Baldwin allegedly said, "I make the best omelettes in the world and I'd be happy to make you omelettes every morning for the rest of your life." He also promised her a trip to meet Richard Gere. Hello single girl fairy tale! But then once he met his current wife, Hilaria, the fairy tale ended. And that's when her stalking began, with frantic calls, emails and even uninvited appearances at his house.



Matthew McConaughey

McConaughey might be in the market for a few new shirts

Matthew McConaughey's career transformation over the past two years might have something to do with realizing his public image had gotten a bit ... fluffy. "I get it," McConaughey tells GQ magazine. "Outdoors, shirtless on the beach, does a lot of rom-coms, girlfriends

love him, good-looking. It's like he rolls out of bed and shows up and makes it look easy." But while he's gotten more serious in the roles he chooses, some things never change. "Of course I still play the congas naked," he says. "I just close the windows."

Lily Allen responds to video backlash



Lily Allen

Lily Allen's return to music after a four-year hiatus is off to a bumpy start, with critics crowing that her new video, Hard Out There, is racist. So Allen has taken to Twitter to defend herself. "If anyone thinks for a second that I requested specific ethnicities for the video, they're wrong," she writes. "The video is meant to be a lighthearted satirical video that deals with objectification of women within modern pop culture."

Comparing part-prep to military life? Don't say hi to your mother for me!

While Mark Wahlberg plays a Navy SEAL in his latest film, Lone Survivor, he wants to make it very, very clear that his training for the film pales in comparison to being an actual SEAL.

"For actors to sit there and talk about, 'Oh, I went to SEAL training?' I don't give

a f— what you did," he said during a post-screening Q&A in Los Angeles. "You don't do what these guys did. For somebody to sit there and say my job was as difficult as being in the military? How f—ing dare you, while you sit in a makeup chair for two hours."



Mark Wahlberg. ALL PHOTOS GETTY IMAGES

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To sip, or not to sip: that is the question when it comes to brown spirits. Whisky aficionados will tell you the only way to properly appreciate their chosen tippie is as far away from mix as possible. Except for seafaring scallywags, your average rum drinker is much more cocktail-oriented. Well, we're all a pirate at heart, and rum has seen an upswing as the devoted take a pass on coke and dive into the nuances a fine cane spirit reveals right out of the bottle. It's the smaller batch, pot-still output that tastes best as a singular liquid entity.

Demerara has a reputation for being the cognac of rums. Typically dark and oak-aged, they're a sophisticated sipper, especially served over ice.

El Dorado 12 Year Old Demerara Rum (\$33.95 to \$37.99) is a blend of molasses spirit that's rested in used whisky barrels for a dozen years. The outcome is spicy and begs for contemplation. Hide it under mix if you

must, but I don't know why you'd want to.

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One-pot chili — but hold the tomato base

Recipe. Flip this classic dish on its head by changing up the base sauce and go for a creamy approach to winter warmth



ROSE REISMAN
For more, visit
rosereisman.com or
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This time of year is perfect for a one-pot chili dish. This variety is made without tomato sauce. A white sauce is used instead, which is creamy and delicious. You can always use leftover cooked turkey or chicken breast and top it



This Turkey and Kidney Bean Chili puts a different spin on a traditional dish. ROSE REISMAN

Nutritional analysis

Per serving:

- **Calories:** 255
- **Carbohydrates:** 26.5 g
- **Fibre:** 6.4 g
- **Protein:** 25.4 g
- **Total fat:** 5.8 g
- **Saturated fat:** 1.7 g
- **Cholesterol:** 35 mg
- **Sodium:** 400 mg

Source: The Best of Rose Reisman (Whitecap Books) By: Rose Reisman

with whatever condiments you like.

1. Dust the turkey with flour. Sauté in 2 tsp oil just until browned on all sides (about 3 minutes). Do not cook through. Set aside.

2. Sauté the onion in 1 tsp oil for 5 minutes. Add the corn and sauté for 5 minutes until lightly browned. Add the red pepper, garlic, cumin, jalapenos and salt and pepper and sauté for 3 minutes.

3. Add 1 1/2 cups of the beans. Purée the remaining 1/2 cup with 1/2 cup of chicken stock. Add to the pot

Ingredients

Prep time: 15 minutes
Bake time: 33 minutes

- 12 oz diced turkey breast
- 3 tbsp all-purpose flour
- 2 tsp vegetable oil
- 1 1/2 cups diced onion
- 1 tsp vegetable oil
- 1 cup corn
- 3/4 cup diced red pepper
- 2 tsp chopped garlic
- 2 tsp cumin powder
- 1/2 tsp minced jalapeno

- peppers (add a few seeds for extra heat)
- pinch of salt and pepper
- 2 cups canned white cannellini beans, drained and rinsed
- 2 cups low-sodium chicken stock
- 1/2 cup grated white aged cheddar cheese

Garnish: chopped cilantro, grated aged orange cheddar cheese, diced tomatoes

along with the remaining stock. Cover and simmer for 15 minutes until thickened. Add the turkey and cheese

and cook for 2 minutes.

4. Garnish with cilantro, aged cheddar and tomatoes.

Turkey's take on the club sandwich

Club sandwich flavours of turkey, bacon, tomato and mayo are always popular.

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1. In small bowl, stir together yogurt and mayonnaise. Place tortillas on work surface; spread yogurt mixture evenly over lower half of each tortilla.

Top with turkey breast strips, bacon, tomato, avocado and mixed greens.

Roll up tightly. Hold-

Ingredients

Prep time: 15 minutes

- 1/3 cup (75 ml) PC 0% MF Greek Yogurt
- 1/3 cup (75 ml) mayonnaise
- 4 PC Blue Menu 100% Whole Grain Whole Wheat Tortillas
- 1 pkg (400 g) PC Turkey Breast Strips
- 4 strips cooked bacon

- 1 vine-ripened tomato, halved and thinly sliced
 - 1 small avocado, halved, pitted and sliced
 - 1-1/2 cups (375 ml) packed mixed salad greens
- Per 2 piece serving: 410 calories, fat: 23 g, sodium: 740 mg, carbohydrate: 26 g, fibre: 4 g, protein: 25 g

ing wraps seam side down, cut into thirds; secure each

section with a toothpick. **PRESIDENT'S CHOICE**



This recipe serves six. **PRESIDENT'S CHOICE**

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All aboard!

Love Train, which opened this week at Stage West, is a play about paying tribute to the many hits of Soul and R&B. You can expect to hear a little something from artists like Aretha Franklin, Chuck Berry, The Drifters, Etta James, Ike and Tina Turner, and Percy Sledge. If you've got soul and you're super bad, then call Stage West to get your ticket: 403-243-6642. The ticket prices range from \$69 to \$105.



Calgary European Film Festival

The second annual Calgary European Film Festival kicks off on Friday at the Globe Cinema. Over the weekend, the theatre will be showing films from Bulgaria, Poland, Romania, Czech Republic and France. There will be a variety of genres and all films will be in English with accompanying subtitles. For ticket information and location check out calgaryeuropeanfilmfestival.ca.



Hip Hop Karaoke and The Beatnuts

On Monday JuJu and Psycho Les A.K.A. The Beatnuts will be at Commonwealth. This hip-hop team hail from Queens, New York and are known for making catchy club-friendly music. The Beatnuts have collaborated with hip-hop greats like Mos Def and Naughty by Nature. Commonwealth has tickets on sale now. Visit commonwealthbar.ca. Tickets are \$18 and the show begins at 9 p.m.



Live Polar Obsession

On Tuesday you should check out the National Geographic Live Polar Obsession. Paul Nicklen, a photojournalist, will share his experiences and photos of his time spent in the Canadian Arctic. Tickets are \$22 to \$50. The show begins at 7 p.m. at 205 8th Ave. SE. Call 403-294-9494 for more info.



Anchor Steam Brewmasters Dinner

On Tuesday, Craft Beer Market is hosting an evening of great food and beer as well as some insight into the history behind the brewery and beer featured by Anchor Steam. Chef Eric Mah will be creating a unique four-course dinner to pair with their partner Brewmasters selection of beers. Tickets are \$60 each. For more information visit craftbeer-market.ca.



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Design that grows up with the young 'uns

Decor. Families are investing in quality pieces for kids' rooms so furniture can span childhood and beyond

Instead of constantly updating children's bedrooms, parents are embracing timeless design and decor that can last throughout childhood.

Combining quality core pieces like the bed, dresser and a desk with paint and lighting that can be easily changed to suit a child's tastes as he or she matures is how Tracey Lamoureux creates a space that endures.

"We get requests from people who want more of a timeless look that can grow with the age of their children," said Lamoureux, principal designer at Victoria's Creative Spaciz.

"By changing a paint colour, the whole room can have a more mature feel. Paint is such an easy way for people to change their child's space

Sleeping in a playground

"Make shelves accessible for them and create neat little spaces, like the teepee tents that are popular now. It is so cool when there is a fort or a swing in the room."

Kristine Hageland, Victoria-based interior designer

over the years. We try to go for something that has a more timeless look that can take the child from five years old to 18, 19 or 20."

Lamoureux is currently working on two children's spaces, including a bedroom shared by two brothers.

Her clients requested she incorporate fun elements based on their different ages but that can also grow with them as their needs change.

"The older boy's bed is raised up and has a desk underneath it, and is being anchored by a tree in the corner. He climbs up the tree to get to his bed," she explained.



Designers say that families are increasingly opting for modern, gender-neutral furnishings for their kids — including items they can eventually use in other rooms in the home. ISTOCK

"The younger boy has a tree beside his bed, but the bed is on the ground with storage underneath."

Lamoureux is also using chain and rope to create a playground look in the bedroom that includes things the brothers can climb and hold onto.

Kristine Hageland, Victoria

interior designer and instructor at the Pacific Design Academy, agrees with Lamoureux's approach to investing in quality furnishings.

"Families are investing in beautiful pieces in children's rooms they envision integrating into other rooms in their home," said Hageland. "It's not just nursery furniture;

it's pieces they want to keep using afterwards."

According to Hageland, families are opting for rooms that are less kitschy and more gender-neutral than they once were.

"I think the approach to bedrooms is changing away from the overly themed and cute rooms," she said. "I keep

seeing nurseries that are more modern and they don't have little trains. There are kids' toys, but they don't have a train going around the room."

In addition to using modern paint colours like white and grey, Hageland said parents are embracing the trend toward wallpaper and incorporating that into kids' spaces.

"I've been seeing a lot of wall coverings," she said. "People have been taking a lot of modern wall coverings and using more kid-friendly colours to create a balance between modern trends and what a kid might like."

While there may be a lot of decisions around paint and furnishings, according to Hageland the most important thing is to create a space both parents and children want to spend time in.

"It should also be warm and inviting, and easy for kids," she said. "Make shelves accessible for them and create neat little spaces, like the teepee tents that are popular now. It is so cool when there is a fort or a swing in the room."

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For Metro

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A robotic ball you control with



your Android or iOS device.

With speeds at seven-feet-per-second, Sphero 2.0 is great for pulling off stunts around the house or outside. Internal lights illuminate the ball as it rolls, plus a wide variety of games can be downloaded to your device, making sure the fun never ends. Add the "nubby" skin to give it even more grip.

Hasbro Zapped Games — various prices

Bring the family together with a new twist on classic board games. Place your iOS device in the middle of the board and watch as the games come to life. Stuck in jail in Monopoly? Play a mini-game to get out for free. Games include Monopoly, The Game of Life, Battleship and many more.



Nintendo 2DS — \$129.99

The newest member of Nintendo's hand-held family. All the features of the 3DS minus the 3D viewing. The new f o r m



write while having fun. When the pen is used alongside special LeapReader books (sold separately), it can sound out letters, words, and teach children to form letters and numbers with stroke-by-stroke guidance.

Dice+ — \$39.99

A cool way to enjoy digital versions of board games without losing the pleasure of throwing dice. This digital die works with interactive board games on your Android or iOS tablet. Roll the Dice+ and watch as the result is sent directly to the game. The best part? No cheating.



Laser Pegs — various prices

Plastic building blocks that light up. Each plastic piece contains a tiny LED light that feeds the next with a low-voltage current, letting you create amazing light up creations. Purchase building sets or make your own creations.

iHeart Diary Electronic Locket — \$24.99

A great gift for young writers. This electronic locket sends a secret digital code to your iPad to unlock the diary app. Add pictures, drawings and memories, or speak directly into the locket and have it record your notes for you. There is also a button to erase all personal content, just in case.

own case. Available in a variety of colours.

Nerf Firevision — \$19.99 and up

Play football in the dark. This football contains micro-prism technology that glows in the dark when kids wear the special Firevision frames. The glow can be seen from more than 100 feet away. No charging required. A Firevision Flyer Disc and hyper Bounce Ball are also available.



Philips Friends of Hue Lightstrips — \$89.95

Are your kids afraid of the dark? Stick these lightstrips under their bed or in their bedroom to give a soft glow at night. Pick from one of more than 16 million colours and control the brightness using the app designed for your iOS device (requires Philips Hue Bridge accessory).



Belkin Lego Builder Case for iPod — \$29.99

A protective case for your child's iPod with a twist. The back contains a Lego base plate, allowing your child to add pieces, customizing their



LeapReader — \$59.99

Give the gift of learning. This electronic pen will help your youngster learn to read and

Furby Boom — \$59.97, clockwise, from top centre, LeapReader — \$59.99, Nintendo 2DS — \$129.99, Nerf Firevision — \$19.99 and up, Sphero 2.0 — \$129.99, Laser Pegs — various prices, Belkin Lego Builder Case for iPod — \$29.99, and iHeart Diary Electronic Locket — \$24.99.

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See back cover of the GIFT GUIDE for a GREAT OFFER and bring WISH LISTS to life.

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Lending a helping hand

Free time. There are myriad ways to contribute your time and resources during the holidays



JANE DOUCET
For Metro

When the holidays roll around, many Canadians are facing several days off work and wondering what to do with their free time after the festivities are over.

How about lending a helping hand?

"The holiday season is a great time to reflect on a volunteer effort that you might like to begin now and continue to do throughout the year," said Paula Speevak-Sladowski, the director of programs, policy and applied research at Volunteer Canada.

If you were thinking about serving a meal at a homeless shelter, walking dogs for an animal rescue group or sing-

ing carols at a seniors' home, don't wait until the last minute to sign up.

"Each organization has a volunteer screening process that can sometimes take weeks to complete," Speevak-Sladowski said. "To avoid being disappointed, make your inquiries early."

So what are some common volunteer needs around the holidays? During the winter many adults and kids need warm clothing, so you can either donate coats, snowsuits, boots, gloves and hats that you no longer wear from your own closet or join a local group that collects and distributes them.

Food banks also hold drives at this time of year — you can donate money in person or online or buy non-per-



Since there is a need for warm clothing in the winter, you may want to join a local group that collects and distributes clothing. MANGOSTOCK/SHUTTERSTOCK

ishable goods to help stock the shelves.

The most important factor is to figure out what you have to offer, then find somewhere that can use your talent. If you are crafty, you could make and drop off decorations at a seniors' residence.

If you like to knit, you could join a knitting group that donates hats and mittens to a children's hospital gift shop.

There are myriad ways to contribute your time and resources.

"You can volunteer as an individual, as a family, at

your workplace, in a school or with an organization," Speevak-Sladowski said.

If you aren't sure where to start, two helpful websites are volunteer.ca and getinvolved.ca.

And don't worry if you aren't keen on your volun-

teering effort the first time you try it.

"If you didn't have the experience you were hoping for, keep looking until you find the right fit," Speevak-Sladowski said. "When everyone's needs are met, volunteering benefits everyone."



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THE TRUE MEANING OF THE SEASON

TIME TO THINK ABOUT CHARITABLE GIVING

With all the holiday frenzy, it may be easy to forget the importance of charitable giving.

We may be bombarded with requests, but do we actually open our wallets and support those in need? How do we decide on which charities to support?

And considering all the other expenses at this time of year, why would we choose the holidays to make our donations?

"People make donations throughout the year, but charitable giving does start to rise in late October and continues to increase right up to Dec. 31," says Marina Glogovac, president and chief executive officer of CanadaHelps, a registered charity with a mission to help other charities, providing affordable, online fundraising technology for charities, and offering a destination for Canadians to give to the charities of their choice.

Glogovac believes this is partially out



ISTOCK/THINKSTOCK

of habit and partially for tax benefits, but she also believes Canadians want to share with those in need during this time of year to realize the true meaning of the season.

While cash donations are still the most popular, there are other ways to give.

"Charity gift cards are a great way to spread giving," Glogovac says.

CanadaHelps.org offers charity gift cards for many occasions, and the recipient chooses the cause (from any of Canada's 86,000 charities) to which they want to contribute.

"Another trend is pooling family members together to make a group donation to a charity in lieu of exchanging family gifts."

Also growing in popularity is giving an item instead of cash, anything from livestock to trees can be gifted to a family in a developing country in someone's name.

Perhaps the most important decision is which charities to choose.

"Many people give to their alma maters, health-related charities and to communities in need, but there are many other worthy charities," Glogovac says. "It's important to choose based on what's important to you, especially if you're considering regular donations and planned giving."

Start with research.

"Don't just look at the obvious choices. There are many incredible small charities that do great work. Spend some time figuring out what's important to you."

Visit the Canada Revenue or CanadaHelps websites, or check out individual charity sites to read about charity visions, mission statements and more to help you decide.

— Michelle Williams

HELP A BLIND PERSON SEE

Ninety per cent of the 39 million blind people in the world live in low-income countries and the majority won't walk into a hospital and request sight-restoring surgery for something as treatable as cataracts, the leading cause of blindness. They are too poor. They don't understand they can be helped. They have no way to get to the hospital. They are frightened. They are women and children and not able to travel freely. They will stay blind until eye care is brought to their doorstep.

Seva Canada has worked for more than 30 years to restore sight and prevent blindness in low-income countries. Seva believes eye-care programs must leave the confines of the hospital.

"The most important thing we do is to connect blind people, the majority of whom live in remote, rural areas with the eye care that can help them," says Seva Canada executive director Penny Lyons. "This is accomplished by studying the financial and social barriers that prevent people from accessing care and using this knowledge to empower people to get the help they need."

Eighty per cent of all visual impairment is avoidable through prevention, treatment or cure. Cataracts can be treated with a



Chime and Tashi.

CONTRIBUTED

15-minute operation costing just \$50.

This holiday season help a blind person see.

Someone like Chime. Chime and her only companion, six-year-old daughter Tashi, were homeless beggars in the streets of Nakchu, Tibet. Chime, blind from cataracts, relied on Tashi to lead her through the streets to beg for food and money. Then Seva came and restored Chime's sight. Now she can see. She can work. Tashi can go to school. Together they have a brighter future.

**A \$50 DONATION
IS GOOD FOR ONE
CATARACT SURGERY.**

© Peter Mortise

This holiday season, give the power of sight. With a \$50 donation, you will provide a life-changing cataract surgery to someone in need in the developing world. Donate at seva.ca or call 1-877-460-6622 toll-free.

seva CANADA | 30 YEARS

THE JOURNEY OF A LIFETIME

PLAN CANADA'S GIFTS OF HOPE

When Jillian Mojeski travelled 11,000 kilometres to Rwanda, she learned that changing the world can be as easy as giving a Gift of Hope.

She and her colleagues at Klick Health had donated gifts of livestock through Plan Canada's Gifts of Hope, and those animals were given to families in some of the world's poorest countries to help create self-sufficiency and grow community cooperatives.

"It's so easy to give and my small donation made such a huge difference," Mojeski says about the impact of her gift.

Mojeski made the journey to rural villages to see the community development projects made possible by contributions from both her and her colleagues. She met schoolchildren eager to learn in safe, hygienic schools, and young women and men learning plumbing and construction at vocational training centres. She talked with pig co-operative farmers and families thrilled to have clean water thanks to the generosity of Mojeski and other donors.

"There's such a sense of pride," Mojeski says. "People are really excited to demonstrate projects your donations funded. It was an opportunity to shake someone's hand and close the loop in the contribution."

Mojeski is one of thousands of Canadians who will choose to give Gifts of Hope this holiday season. When you buy a Gift of Hope, your contribution supports real projects — like livestock co-operatives, clean water and education projects — in the communities where Plan Canada works, and these gifts change real lives.

"Sitting at your computer, clicking yes, thinking you are making a difference — it's not even close to the experience of seeing the actual impact for yourself," Mojeski says. "Now I realize that a small donation of an animal represents more than just food or a business opportunity.

MATCHED GIFTS

Thanks to Plan Canada's partners, your donations will go even further. Look for "Matched" gifts at plangifts.com.



Jillian Mojeski visits with schoolchildren at a rural primary school in Rwanda.



Muteteri Ancille, a member of Rwanda's Abakoranabushake pig co-operative, proudly shows visitors how their donations have made a difference.

CONTRIBUTED PHOTOS

A pig co-operative can empower an entire community."

Plan Canada works with children and communities in 69 countries around the globe, helping them to create a better life and a better future for their children.

"In rural communities, livestock is often the first step to household economic security," says Sangita Patel, Plan Canada's director of program management. "It starts with families selling things like eggs or milk. With extra cash, mothers can better care for their families. There's money for more nutritious food, medicine and school supplies. Young women in some communities have formed co-operatives with livestock, creating leadership opportunities, increasing their confidence and self-esteem."

This holiday season, generous Canadians can make a profound difference for children and communities around the

world. There are more than 40 Gifts of Hope that support international development programs. Projects in the areas of livestock, education, health, water and livelihood help families break the cycle of poverty and open up new opportunities for their children.

You can also support Plan Canada's Because I am a Girl initiative by choosing from 15 gifts that support the rights of girls. By purchasing these gifts, you are supporting the work Plan Canada does that directly benefits girls and women.

"The Gifts of Hope program is perfect for the holiday season," Mojeski says. "Rather than giving a gift that will just end up in the closet a few weeks later, you can give a meaningful gift that will change the lives of the people who need it most."

A Gift of Hope gives to both the giver and the recipient. A gift can help teach

GIFTS FOR ALL

Create change with more than 40 Gifts of Hope, starting at just \$10. With 26 matched gifts and 15 Because I am a Girl gifts, there is something for everyone on your list. Every Gift of Hope purchase comes with a free greeting card, e-card or PDF card to give to your recipient.

Shop online at plangifts.com.

Top gifts this year include:

- Bed nets (\$10)
- Girls' take-home rations (\$25)
- Clean water for families (\$75)
- Goats (\$75, \$775 a herd)
- Two pigs (\$90)
- Literacy training for two women (\$120)
- Girl's scholarship (\$295)

and nurture philanthropy in children, create global awareness and remind us all that the greatest joy lies not in receiving but in giving.

During her trip, Plan Canada's Gifts of Hope program exposed Mojeski to both personal and global change. The experience opened her eyes to the value of sharing what we have to improve the lives of others.

"I will be involved with Plan Canada for the rest of my life," she says. "With Gifts of Hope, you're empowering people to change their lives and that really is a gift of love."

— Heather Beaumont



Think outside the gift box

Why a goat? When you give a goat, you provide a family in a developing country with nourishment, the makings of a family business, and a new future. Gifts of Hope are real gifts to real projects that change real lives.

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plangifts.com

Founded in 1937, Plan is one of the world's oldest and largest charities working to end global poverty. Inclusive of all faiths and cultures, Plan has only one purpose: to improve the lives of children.



Plan

HELP THOSE STRUGGLING WITH ADDICTIONS

When struggling with addiction, sobriety can seem like an overwhelming and unreachable goal. However, recovery is never out of reach, no matter how hopeless or intimidating it seems. Change is possible with the right treatment and by addressing the root cause of the addiction.

For many addicts, addiction starts at a young age when they turn to available chemicals to escape the discomforts of everyday life. Not understanding the cause, they place blame on everyone else for their circumstances and are accountable to no one. Eventually, they lose control of their lives and substances consume them and make all their decisions for them.

All this begins to change when they enrol in Welcome Home. Welcome Home is more than just a rehab centre. It is a life-skill training centre for young men and women ages 19-34 who are committed to changing their lives.

At Welcome Home, program participants are kept productively occupied at all times. Idle time for addicts is dangerous — it leads them to thinking of justifiable reasons to give in to temptation. The structure at Welcome Home is exactly what is needed to help maintain the sole focus of recovery. Having the regiment and the daily routine helps build students into the people they are meant to become.

The daily program includes:

- Group therapy
- Physical exercise
- Vocational skills development
- Social skills development
- Leadership training
- Recreational and social activities
- Life skills training in nutrition, finance, mental wellness, healthy relationships, etc.

Through constant and consistent prac-



COLOURBOX

tice, only possible in long-term treatment, Welcome Home students gain the life skills and coping skills that were missing in life before.

Most of all, they learn that no matter what challenges come, the greatest challenge is overcoming themselves and the destructive patterns they developed in their addiction. Welcome Home pushes students beyond previous limits they set for themselves. They learn to be productive and to live fulfilling lives where using drugs is not an option. They learn to be responsible, not only for themselves, but also for others. They develop strong foundations for lives of sobriety and learn that life is worth living.

Inevitably, the road to recovery is

full of stumbling blocks, pitfalls, and setbacks. However, with effective, long-term treatment, these obstacles become opportunities in disguise and help program participants develop mentally, socially, physically, emotionally, and spiritually until they are ready to live as responsible, contributing members of society for life.

For addicts still living in addiction, know that change is possible and all is not lost.

Don't waste another day. Stop the pain. Lifelong sobriety is within reach. Be bold. Make a choice. Decide today to make the right decisions. The first decision is to get help.

For more, call Welcome Home at 1-855-592-3001 or visit whrecovery.org.

CHANGING LIVES

Welcome Home promises to provide everything that is needed to change lives. The only thing required by potential students is a commitment to change. This is made possible by generous funding from the John Volken Foundation and through donations of supporters, which make Welcome Home the most affordable long-term treatment program of its kind.

One-hundred per cent of all donations go directly to supporting Welcome Home program participants in their recovery.



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FREEDOM FROM ADDICTION

Much more than a rehab center!

Residential Addiction Treatment For Men and Women

Ages 18-34

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Effective**

At Welcome Home, we not only eliminate the addictive behavior, we also resolve the underlying issues that led to the addiction in the first place. In addition, program participants receive extensive career training and gain the healthy life-skills and coping abilities needed to stay sober. Program participants develop mentally, socially, physically, emotionally, and spiritually until they are ready to live as responsible, contributing members of society - for life! **Life-long sobriety** - that is our only purpose.



I have been in foster-homes, many different recovery programs, and attended countless meetings, nothing helped. Welcome Home changed my life - it is the greatest gift I could ever receive. - Kelly D.

**Most
Affordable**

Welcome Home is funded by the John Volken Foundation, a private charitable organization dedicated to fighting addiction. Thanks to this funding, **the Program is FREE**, except for the one-time administrative in-take fee.

***Take the First Step
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To Find Out More
Phone 855-592-3001
www.whrecovery.org***

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I cannot thank you enough for what you have done in not only my life, but my family's as well. - Marty C.



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Riders' Foley forecasts fireworks in West final

CFL. Rivalry heats up once again with a Grey Cup berth on the line

Saskatchewan Roughrider defensive end Ricky Foley has been here before — staring down a tough team in a division final, with the possibility of playing in the Grey Cup on home turf on the line.

The Riders will play the Stampeders in Calgary in the CFL West Division final on Sunday, with the winner heading to Regina for the Nov. 24 Grey Cup.

Foley was with the Toronto Argonauts last season when they won the Grey Cup at home. But first, the Argos had to get past their arch rival Alouettes in Montreal in the CFL East Division final.

It's only Foley's first year in Saskatchewan, but he says the Riders' feelings against Calgary are similar.

"You can feel it. It's definitely palpable," Foley said after practice Thursday. "You can sense it around here with the guys who have been with the team for a while. I know how much they don't like Calgary."

"We've got some guys on our team who like to talk; they've got some guys on their team who like to talk. They've got some guys who like to hit; we've got some guys who like to hit. So any time you have that, I think it's put into a little bit of a melting pot and it's pretty combustible right now."

"I think there's a genuine distaste for each other right now at this point and Sunday's



The Roughriders' Ricky Foley sacks Lions quarterback Thomas DeMarco on Oct. 4 in Vancouver. Foley is hoping to play in his second straight Grey Cup having been a key member of the Argos last season. DARRYL DYCK/THE CANADIAN PRESS

probably going to explode and we'll see what happens."

Some things are similar to last year in this division final, Foley said, while others are not.

"Well, for me it's a lot colder. I was in a dome last year doing this sweating, so that's my main difference," Foley joked. "The feeling, it's pretty similar. Even when I

was in B.C., it's pretty similar. You know, you get to this point, you realize it's the CFL and anybody can win on any given day. The best four teams are left and you've got to bring your A-game."

Foley said it's only fitting that Calgary is the team Saskatchewan has to get past to get to the championship.

A 29-25 win over the B.C.

Lions in the West semifinal earned the Roughriders the trip to the West final.

Calgary won the West with the CFL's best record of 14-4. The Stampeders also won the season series with Saskatchewan 2-1, with both victories coming at McMahon Stadium.

Foley, who also won a Grey Cup with B.C. in 2006, says playoff games come down



Riders at Stampeders, 2:30 p.m., Sunday (TSN)

Calgary won the season series 2-1, with both wins coming at McMahon Stadium. Saskatchewan advanced to the conference final by downing B.C. 29-25 last weekend, with quarterback Darian Durant going 19 of 23 passing for 270 yards and two TDs and running for a game-high 97 yards on six carries.

Both teams have solid rushers as Calgary's Jon Cornish had a CFL-leading 1,813 yards with Saskatchewan's Kory Sheets second at 1,598. But they also sport solid defences as the Riders allowed a league-low 22.1 points per game while the Stampeders were second at 22.9.

The Stampeders were 8-1 at home and 7-1 versus West Division competition. Pick: Calgary

to trusting your coaches and your teammates.

"From my experience, the best thing to do is not get too uptight, not try to do anything too much different than what you've done," he said. "You've been successful, you've gotten to this point — keep doing what you've done to get here and just be focused."

THE CANADIAN PRESS

4 SPORTS

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Mayor's comments don't float Argos boat

CFL. Toronto's Rob Ford used lewd language on live TV while wearing Boatmen jersey

Canada's oldest football team had some harsh words for Rob Ford on Thursday, after the embattled mayor used sexually graphic language on live television while wearing a Toronto Argonauts jersey.

Ford — wearing a No. 12 Argonauts uniform with "Mayor Ford" in block white letters on the back — made the disturbing remarks in response to allegations he had told a female aide he was going to have oral sex with her.

Television cameras were rolling as Ford spoke to a throng of reporters outside his office at city hall, a short distance from where the Argonauts practised later in the day for their upcoming playoff game against Hamilton.

The CFL team released a



Toronto Mayor Rob Ford arrives for work Thursday.
TORSTAR NEWS SERVICE

statement moments later, calling the situation "unseemly at best."

Ford's latest remarks while wearing the team's jersey "are particularly disappointing given our organization's work in the community to help youth deal with issues of bullying prevention," the statement said. **THE CANADIAN PRESS**

East Division final



Ticats at Argonauts, 11 a.m., Sunday (TSN)
All signs point to a tight, high-scoring affair. Both quarterbacks are veterans and have won their share of big games, including Grey Cups. But Toronto has done a better job of protecting the football with just 32 giveaways — including a league-low nine interceptions — and had 18 more takeaways than turnovers.

Hamilton can't say the same, committing 45 turnovers during the season and finishing -13 in the giveaway-takeaway bracket. That often decides the outcome in a close game.

Pick: Toronto



Seguin torches Flames

Brian McGrattan of the Flames checks the Stars' Jordie Benn at the Scotiabank Saddledome on Thursday night. The Flames didn't have as much success stopping their opponent from scoring as Tyler Seguin tallied four goals in the Stars' 7-3 win. **JEFF MCINTOSH/THE CANADIAN PRESS**

IndyCar

Franchitti forced to end career early with injuries

Three-time Indy 500 winner Dario Franchitti retired Thursday after doctors told him it is too dangerous to race with the injuries he suffered in last month's crash. **THE ASSOCIATED PRESS**

Swimming

Phelps eyeing return for Rio?

Michael Phelps has re-joined the U.S. drug-testing program, the strongest signal yet that he's planning a comeback for the 2016 Rio de Janeiro Olympics.

Phelps told The Associated Press on Thursday that "nothing is set in stone." **THE ASSOCIATED PRESS**



Michael Phelps
GETTY IMAGES

NHL

Struggling Oilers staying the course

Edmonton Oilers general manager Craig MacTavish told his players that he understands their frustration, is committed to head coach Dallas Eakins and is confident this rebuilding process is on the right track.

One night after his team was shut out for the third straight game at home, MacTavish met with his players on Thursday. His message to them was that there are still positives to take out of the dismal start to the season, and that it's still OK to have some fun.

"I've got my thumb out there feeling the divide in the room," he told the media. "My basic message to them is that it's OK at this particular point to come in (the dressing room) and enjoy yourself. It was important they hear from me how I feel and what I see. The effort is fine, the improvement and coachability is better and I wanted to make sure they knew that."

The Oilers (4-14-2) are last in the Western Conference and 1-8-1 in their last 10 games. **THE CANADIAN PRESS**

MLB. Miggy in the money with another MVP, Cutch winner of NL honour

All those who marvel at Miguel Cabrera can only wonder what he might have done this year if completely healthy.

Even so, Cabrera was a huge hit in Motown.

Despite being hobbled by all sorts of ailments, the Detroit Tigers slugger won his second straight American League Most Valuable Player award Thursday, once again beating Angels outfielder Mike Trout by a comfortable margin.

A season after winning baseball's first Triple Crown in 45 years, Cabrera came back to lead the majors in hitting at .348 and finish second with 44 home runs and 137 RBIs.

"I think this year was tougher because of the injuries," he said on a conference call from the Miami area.

"It was the last two months. It was tough to play through it."

The eight-time all-star missed several games after the break because of a bad back, a sore left hip flexor, a strained lower abdomen, shin trouble and a groin tear. He recently had surgery to fix the tear and said he'll be ready for spring training. Still, Cabrera got 23 of 30 first-place votes from members of the Baseball Writers' As-



Miguel Cabrera was named the AL MVP on Thursday. **GETTY IMAGES FILE**

sociation of America.

Pirates centre-fielder Andrew McCutchen took the NL MVP by drawing 28 of the 30 first-place votes to finish far ahead of Arizona first baseman Paul Goldschmidt and St. Louis catcher Yadier Molina.

THE ASSOCIATED PRESS

Million-dollar dream

\$1M

Miguel Cabrera drew a \$1-million bonus for winning his second MVP during his current contract with the Detroit Tigers.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	19	14	5	0	61	44	28
Boston	18	12	5	1	51	32	25
Toronto	18	11	6	1	52	42	23
Detroit	19	9	5	5	47	51	23
Montreal	19	9	8	2	49	42	20
Ottawa	18	7	7	4	53	56	18
Florida	19	4	11	4	40	66	12
Buffalo	20	4	15	1	36	63	9

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	18	11	7	0	51	42	22
Washington	19	10	8	1	61	55	21
NY Rangers	18	9	9	0	41	49	18
Carolina	18	7	7	4	34	49	18
New Jersey	18	6	7	5	38	46	17
NY Islanders	20	7	10	3	56	64	17
Philadelphia	18	7	10	1	33	45	15
Columbus	18	6	10	2	46	53	14

Thursday's results

Los Angeles 3 NY Islanders 2

Tampa Bay 5 Anaheim 1

Boston 3 Columbus 2 (OT)

Phoenix at Chicago

Colorado at St. Louis

Dallas at Calgary

San Jose at Vancouver

Wednesday's results

Minnesota 2 Toronto 1 (SO)

Philadelphia 2 Pittsburgh 1

Dallas 3 Edmonton 0

Friday's games

All times Eastern

Anaheim at Carolina, 7 p.m.

Los Angeles at New Jersey, 7 p.m.

Nashville at Pittsburgh, 7 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	17	14	3	0	55	30	28
Chicago	18	12	2	4	66	49	28
Minnesota	19	11	4	4	50	41	26
St. Louis	16	11	2	3	54	37	25
Dallas	18	9	7	2	49	52	20
Winnipeg	20	9	9	2	53	57	20
Nashville	18	8	8	2	38	57	18

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	21	15	5	1	69	53	31
Phoenix	19	13	4	2	63	58	28
San Jose	18	11	2	5	66	43	27
Los Angeles	19	12	6	1	55	46	25
Vancouver	20	11	7	2	54	54	24
Calgary	18	6	9	3	49	64	15
Edmonton	20	4	14	2	48	78	10

Note: Two points for a win, one point for overtime loss.

Montreal at Columbus, 7 p.m.

Toronto at Buffalo, 7 p.m.

Washington at Detroit, 7:30 p.m.

Boston at Ottawa, 7:30 p.m.

Florida at Minnesota, 8 p.m.

Philadelphia at Winnipeg, 8 p.m.

San Jose at Edmonton, 10 p.m.

Saturday's games

NY Rangers at Montreal, 7 p.m.

Detroit at NY Islanders, 7 p.m.

Buffalo at Toronto, 7 p.m.

Pittsburgh at New Jersey, 7 p.m.

Carolina at St. Louis, 8 p.m.

Tampa Bay at Phoenix, 8 p.m.

Chicago at Nashville, 8 p.m.

Florida at Colorado, 9 p.m.

Edmonton at Calgary, 10 p.m.

MLS PLAYOFFS

CONFERENCE FINALS

(2 games, total goals)

Saturday, Nov. 23 — All times Eastern

Houston at Kansas City, 7:30 p.m.

Sunday, Nov. 24

Salt Lake at Portland, 9 p.m.

CHAMPIONSHIP

Saturday, Dec. 7

East champion vs. West champion, 4 p.m.

CFL PLAYOFFS

DIVISION FINALS

Sunday's games — All times Eastern

Hamilton vs. Toronto, 1 p.m.

Saskatchewan vs. Calgary, 4:30 p.m.

GREY CUP

At Regina, Saskatchewan

Sunday, Nov. 24

East champion vs. West champion, 6 p.m.

NFL

WEEK 11

Thursday's result

Indianapolis at Tennessee

Sunday's games

All times Eastern

Baltimore at Chicago, 1 p.m.

Arizona at Jacksonville, 1 p.m.

Detroit at Pittsburgh, 1 p.m.

Oakland at Houston, 1 p.m.

N.Y. Jets at Buffalo, 1 p.m.

Cleveland at Cincinnati, 1 p.m.

Washington at Philadelphia, 1 p.m.

Atlanta at Tampa Bay, 1 p.m.

San Diego at Miami, 4:05 p.m.

San Francisco at New Orleans, 4:25 p.m.

Green Bay at N.Y. Giants, 4:25 p.m.

Minnesota at Seattle, 4:25 p.m.

Kansas City at Denver, 8:30 p.m.

Monday's game

New England at Carolina, 8:40 p.m.

NBA

Thursday's results

Houston at New York

Oklahoma City at Golden State

Wednesday's results

Philadelphia 123 Houston 117

Orlando 94 Milwaukee 91

Charlotte 89 Boston 83

Toronto 103 Memphis 87

Minnesota 124 Cleveland 95

New York 95 Atlanta 91

San Antonio 92 Washington 79

Denver 111 L.A. Lakers 99

Utah 111 New Orleans 105

Sacramento 107 Brooklyn 86

Portland 90 Phoenix 89

L.A. Clippers 111 Oklahoma City 103

Friday's games

All times Eastern

Chicago at Toronto, 7 p.m.

Milwaukee at Indiana, 7 p.m.

Portland at Boston, 7:30 p.m.

Dallas at Miami, 7:30 p.m.

Charlotte at Cleveland, 7:30 p.m.

Philadelphia at Atlanta, 7:30 p.m.

Minnesota at Denver, 8 p.m.

Brooklyn at Phoenix, 9 p.m.

San Antonio at Utah, 9 p.m.

Detroit at Sacramento, 10:30 p.m.

Memphis at L.A. Lakers, 10:30 p.m.



UFC welterweight champion Georges St-Pierre trains on Oct. 28 in Montreal for his upcoming fight against Johnny Hendricks. RYAN REMIOWZ/THE CANADIAN PRESS

GSP personifies a champion, says UFC president

MMA. Welterweight title holder still driven after many years of success; set to face Hendricks on Saturday

Tiebreaker

19

Georges St-Pierre can make history by winning Saturday, becoming the first fighter to record 19 wins in the UFC. The Canadian champion is currently tied with UFC Hall of Famer Matt Hughes, whom he first beat for the title, at 18 victories.

Hungry. Obsessed. Driven. Professional. The epitome of a champion.

UFC president Dana White was full of praise Thursday in summing up welterweight champion Georges St-Pierre, who looks to extend his MMA legacy this weekend with a win over Johnny (Bigg Rigg) Hendricks at UFC 167.

"When you're as rich as Georges St-Pierre is, to say that he's mentally tough and to keep having the drive and the passion to win that he does,

that's what separates him from all the rest," White told reporters Thursday.

Asked how rich the 32-year-old fighter from Montreal was, White replied: "He's rich. He's very rich."

And White knows rich. The UFC boss travels in a world of private jets, big bets, fast cars and the finest restaurants.

Saturday's payday will likely help further pad the GSP retirement fund. St-Pierre, the

organization's biggest pay-per-view draw, is likely to earn several times over the \$2 million US that Zuffa paid to purchase an ailing UFC back in 2001.

White has his favourites and villains in his roster of fighters past and present. Former light-heavyweight Chuck (The Iceman) Liddell is like family. Tito Ortiz, another former title-holder, was oil to White's water.

But his tribute to St-Pierre, in a lengthy scrum of reporters after the pre-fight news conference Thursday, was unparalleled.

"He's an absolute professional," White said. "No matter how dominant he's been over the last however many years, he still takes guys seriously, he still puts in the hard work. He's a dedicated professional."

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Horoscopes

♈ Aries

March 21 - April 20

You may not be able to ignore problems on the work front but you can lessen their impact by refusing to worry about them.

♉ Taurus

April 21 - May 21

There is no copyright on ideas and if someone else's insight grabs you and makes you think you can use it for your own benefit then do so and don't feel in the least bit guilty about it.

♊ Gemini

May 22 - June 21

You may not care what other people are saying about you behind your back but the planets suggest it might be a wise move to find out.

♋ Cancer

June 22 - July 23

What loved ones need most is a few words of encouragement, and that's something you never fail to deliver.

♌ Leo

July 24 - Aug. 23

The more you hurry lately you less you seem to get done. Do you think you should take the hint? Don't worry about falling behind in your schedule. If you take things easy today you may actually find you get more done.

♍ Virgo

Aug. 24 - Sept. 23

Someone at work or in your social sphere may say something hurtful today but you don't have to take it seriously. It's only words and words cannot do lasting damage, unless you let them. Ignore what you don't want to hear.

♎ Libra

Sept. 24 - Oct. 23

Just because friends don't seem too impressed by your latest big idea does not mean you should abandon it.

♏ Scorpio

Oct. 24 - Nov. 22

Generally speaking you don't try too hard to make yourself look good – as far as you're concerned it's up to other people to impress you – but it will pay you to put on your best face today.

♐ Sagittarius

Nov. 23 - Dec. 21

The answer to a problem of some kind is more likely to come to you if you stop searching for it so hard.

♑ Capricorn

Dec. 22 - Jan. 20

The more someone tries to convince you of their honesty the more careful you should be. The fact that they are making such a big issue of it suggests they may have something to hide. You're not the sort to be easily fooled – are you?

♒ Aquarius

Jan. 21 - Feb. 19

Cosmic activity in the most sensitive area of your chart means you find it hard to let others know how you feel. Maybe that's just as well.

♓ Pisces

Feb. 20 - March 20

Mistakes are a fact of life, so if you make one today don't feel too bad about it. On the other hand, if a friend or colleague points out that you are making the same mistake over and over again then maybe you do need to act.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Training institutes, for short
6. Finishes
10. Actress Ms. Farmiga
14. Sort of shrub
15. Hair remover brand
16. Dedicated
17. "Much ___ amazement..." (We were quite surprised)
18. Like a hooting bird
19. ZZ Top hit
20. Vancouver-born actress who plays Robin Scherbatsky on "How I Met Your Mother": 2 wds.
23. After lunchtime time, e.g.: 2 wds.
24. Beautify
25. Bluegrass musician, ___ Burnett
27. Story, in a house, in French
31. Blue-___ stock
35. Speech stops
36. House: French
37. Nunavut's Road to ___
39. BC city east of Vancouver
40. CBS police drama, "Blue ___"
41. "___" in Vancouver
42. Suffix meaning 'condition of sight'
43. Funnel-shaped
44. Fashionable fabrics

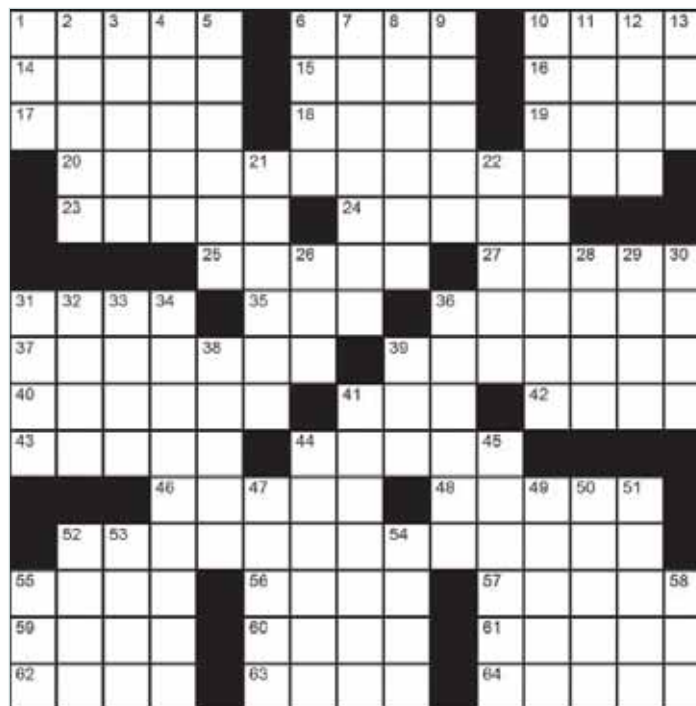
46. Camera company
48. Lohengrin aria: "___ Dream"
52. Vintage kids show on Canadian television set in a castle: 2 wds.
55. ___-a-brac
56. Family suffix in zoology
57. Spouses for Duch-

- esses
59. Shania Twain's "___! Feel Like a Woman!"
60. Actress, Sherilyn ___
61. British singer Ms. Goulding
62. Ms. Swenson of "Benson"
63. Mr. Byrnes of "77

- Sunset Strip", and others
64. Blood vessel implant

Down

1. Nova Scotia hrs.
2. "The Big Bang Theory" star Kaley
3. Many ___ ago...
4. Stew from France
5. Writer's output in Hollywood
6. Biblical grandson
7. Salad dressing from Hollywood legend Paul, ___ Own
8. Hoodwink
9. Pen, in Quebec
10. Legendary fashion designer
11. By any chance

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

12. Fiendishly 'fixes'
13. Promos
21. Fireplace's glowing remnants
22. Gloom
26. Mined stuff
28. Pronto!
29. Desert in Mongolia
30. Irish singer
31. Cable network
32. Prefix to 'gram' (3D image)
33. Champion's shout!: 2 wds.
34. Ancient maritime power of the Mediterranean
36. Peatland
38. Van Halen guitarist
39. ___ Harbour, Florida
41. Eastern coast of North America explored by Viking seafarer Leif Ericsson
44. Placed grassy rolls
45. Parts on trombones
47. Kitchen cutter
49. ___ Ste. Marie, Ontario
50. ___ bracelet
51. American writer Gertrude
52. Ms. Drescher
53. Diamond ___
54. Cravings
55. Dieter's calculator sort [acronym]
58. Place

Yesterday's Crossword

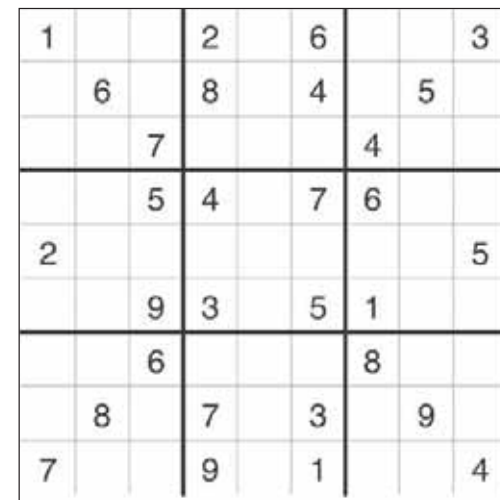


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

MAX: 4°
MIN: -2°

SATURDAY

MAX: -9°
MIN: -9°

SUNDAY

MAX: -7°
MIN: -10°ANDREW SCHULTZ
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